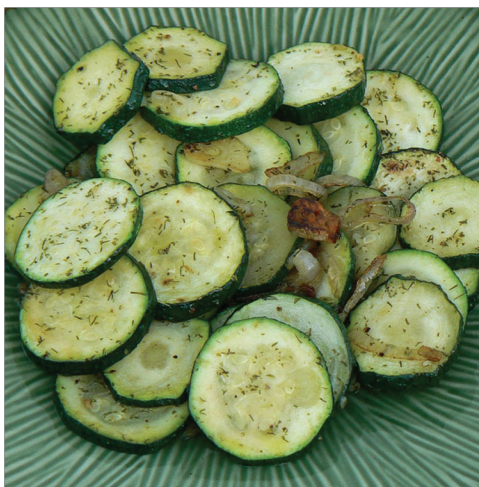


Volume 2

# COOKING FOR HEALTH & PERFORMANCE

Over 130 Delicious Gluten and Dairy-Free Recipes



SCOTT HAGNAS

Copyright © 2009 Scott Hagnas

Published by Catalyst Athletics, LLC. All rights reserved. No part of this book may be reproduced in any form without prior written permission from the publisher.

# contents

## Breakfasts

Salsa Verde Breakfast  
Southern Eggs and "Rice"  
Carrot & Caraway Scramble  
Rhubarb "Cereal"  
Toasted Fruit Rings  
Five Spice Breakfast  
Breakfast Broccoli Hash  
Leek & Avocado Omelet  
Ginger Eggs  
Asian Fusion Breakfast  
Turkey Carrot Quiche  
Crab & Leek Quiche  
Chorizo Quiche  
Sausage Goulash Breakfast  
Zucchini Hash  
Quick Paleo Pancakes  
Braised Asparagus Scramble  
Huevos Rancheros  
Veggie Scramble  
Coconut "Oatmeal"  
Eggs Tapenade

## Salads

Holiday Beet Salad  
Fall Squash Salad  
Sea Greens Salad

Lamb & Strawberry Salad  
Pork & Roasted Veggie Salad  
Winter Fruit Salad  
Tomato Cucumber Salad  
Cantaloupe & Cucumber Salad  
Beet Apple Salad  
Taco Salad  
Arugula & Strawberry Salad  
Orange & Onion Salad  
No Greens Salad  
Curried Veggie Salad  
Avocado and Pistachio Salad  
Curried Chicken Salad  
Imperial Chicken Salad

## Soups

Easy Beef & Vegetable Soup  
Quick Vegetable Soup  
Tangy Strawberry Soup  
Chilled Cucumber Soup  
Rhubarb Soup  
Iced Gazpacho  
Creamy Chicken Broccoli Soup  
Turkey "Stuffing" Soup  
Squash Bowl Soup

## Entrées

Beef Stroganoff  
Pork Three Ways  
Quick Curry Dinner  
Almond Chicken  
Beef Skewers  
Rosemary-Garlic Lamb Chops  
Jerk Chicken  
Thai Plum Sauce Pizza  
High Protein Chicken Pizzas  
Ground Turkey Pizza Crust  
Kelp Noodle Spaghetti  
Kelp Noodle Stir Fry  
Kale Sandwiches  
Cornish Game Hen  
Beef & Zucchini Casserole  
No Nightshade Chicken Fajitas  
Pork Chops and Applesauce  
Spaghetti Squash Carbonara  
Chicken & Cauliflower  
Moroccan Chicken  
Flank Steak Pesto Rollups  
Tandoori Chicken  
"Breaded" Clams  
Portabella Burgers  
Calamari Rings  
Post Training Stuffed Squash  
Quick Chicken Curry  
Fish n' Salsa  
Shredded Chicken and Pesto  
Quick Beef Stew

## Vegetables & Sides

Afghan Sweet Pumpkin  
Nutty Cabbage  
Squash 'n Pepper Hash  
Carrot Jubilee  
"Creamed" Spinach  
Gingered Cucumbers  
Grilled Veggie Skewers  
Red Cabbage Slaw  
Indian Style Slaw  
Kale & Parsnips with Citrus  
Indian Style Green Beans  
Broccoli with Cream Sauce  
Quick Cooked Veggies  
Balsamic & Fig Glazed Beets  
Cauliflower with Black Olive Vinaigrette  
Cabbage & Bacon  
Indian Spiced Sweet Potatoes  
Kale with Hoisin Sauce  
Quick Spinach  
Sautéed Zucchini  
Root Vegetable Hash  
Brussels Sprouts and Pecans  
Spanish "Rice"

## Appetizers & Snacks

Steak Rolls  
Veggie Coconut Milk Shake  
Sweet Potato Pie  
Deli Meat Roll-ups  
Squash Fries  
Bacon Wrapped Figs  
Pork & Lettuce Rolls  
Stuffed Mushrooms

## Sauces & Toppings

Blackberry Chipotle Sauce  
Creamy Tuna Topping  
Sun Dried Tomato Bruschetta  
Applesauce  
Tomato Basil Dressing  
Mayonnaise  
Creamy Dill Dressing  
Spicy Fennel Dressing  
Tapenade

## Desserts

Chocolate Almond Milk  
Chocolate Pudding  
Carrot Cake Muffins  
Meringue  
Pumpkin Meringue Pie  
Sweet Potato Pudding  
Grilled Peaches with Vanilla Ice Cream  
Pumpkin Cookies  
Mexican Mocha  
Brownies



# acknowledgments

I'd like to thank everyone who helped to make this second book possible. As always, I am indebted to my wife Rochelle for all her help and ideas in the kitchen. Many of the dessert ideas come from her creativity. Thanks so much for all of your support.

I also would like to thank Greg Everett and Aimee Anaya of Catalyst Athletics for publishing and assembling this book, and for publishing my column in the Performance Menu. Without them, this book wouldn't exist.

I'd also like to thank Robb Wolf and the CrossFit Nutrition seminars for supporting my books, and also thanks to Robb for giving me the opportunity to write a cooking column in the first place.

Lastly, I want to thank you for learning to cook in ways that will improve your health, well being, and physical performance. As you will see, eating well does not mean a Spartan existence of boring foods. Relax, and enjoy the process of preparing great meals.

# breakfasts

## Salsa Verde Breakfast

A quick one serving breakfast made from leftovers!

*Time: 7-8 minutes*

- 5 oz leftover chicken, pork, or beef
- 1 Tbsp olive oil
- 4 chopped green onions (~3/4 cup)
- one 7 oz. can of Salsa Verde (Mexican Green Picante - I used Herdez)
- 1 clove of crushed garlic
- 1/4 tsp cumin
- 1/2 cup chopped cilantro
- fresh ground pepper to taste

Heat the oil in a skillet over medium heat. Add the onions, then sauté for 3-4 minutes until they begin to soften. Add the remaining ingredients except the cilantro and pepper, and mix well. Cook for 2-3 minutes more, then serve topped with the pepper and cilantro.

**Zone info:** One serving at 2 carb blocks, 5 protein blocks, 9 fat blocks (adjust the protein and olive oil to meet your specific requirements).

## Southern Eggs and “Rice”

Cauliflower makes a great rice substitute. Let's hear it for a much smaller blood sugar response and more nutrients! Here is a basic breakfast dish from the South using cauliflower in place of rice.



*Southern Eggs & “Rice”*

*Time: 15 minutes*

- ~ 3 cups of cauliflower florets
- 5 omega 3 eggs
- 1 Tbsp olive oil
- 1 packet Trader Joe's chicken broth concentrate (or 1/2 cup chicken broth)
- sea salt and pepper to taste

Start by steaming or lightly boiling the cauliflower florets. (I prefer to use a pressure cooker, as it only takes about 2 minutes once the pot has pressurized). Place the florets in a medium pot; add either 1/2-cup

of water (if using the chicken broth concentrate) or 1/2 cup of chicken broth. Cover and boil over medium high until the cauliflower has softened, but not too much - around 6-7 minutes. Drain the water or broth.

Using a food chopper or similar, chop the florets into small rice sized pieces. A good chopper will make this quick and easy. Return the chopped cauliflower to the pot, along with the olive oil and chicken broth concentrate (if you used chicken broth in the boiling process, you can omit the broth concentrate). Heat over medium for a few minutes, stirring.

Meanwhile, crack 5 eggs into a bowl and beat well. Stir the eggs into the cauliflower. Cook for 4-5 minutes, mixing regularly, until the eggs have set. Serve; adding sea salt and pepper to taste.

There are several other variations of this recipe. One would be to cook a bit of chopped bacon in place of the olive oil; adding the cauliflower after the bacon has browned. Another would be to add some chopped green onion, cooking it for a few minutes in the olive oil or bacon before adding the cauliflower. For an Asian flavor, some Tamari soy sauce (wheat free) could be used in place of the chicken broth. A final option would be to make this into patties instead of a scramble. Experiment and enjoy!

**Zone info:** 2 servings at 1/2 carb block, 2 1/2 protein blocks, 14.5 fat blocks.

## Carrot & Caraway Scramble

*Time: 8 minutes*

- 2 eggs
- 1/2 cup chopped onion
- 1/2 cup sliced carrots
- 1/4 to 1/2 tsp caraway seeds
- 2 tsp olive oil
- sea salt and pepper to taste

Chop the onion, then peel and slice the carrots. Sauté the veggies in the oil over medium heat, adding the caraway seeds. While the veggies are cooking, beat the eggs in a bowl. Once the veggies are soft, mix in the eggs. Cook until set, and then season with the S & P!

**Zone info:** one serving at 1.4 carb blocks, 2 protein blocks, 10 fat blocks.



*Carrot & Caraway Scramble*

## Rhubarb “Cereal”

This recipe takes a bit of time to simmer, but otherwise, the prep time is very short. It tastes a bit like oatmeal with fruit. Combine with some protein for a complete meal.

*Time: 3 minutes prep, 30-35 minutes cooking*

- 3 stalks rhubarb
- 1 cup water
- 1/3 cup dried cranberries
- 1/2 cup pecans, chopped
- 1 Tbsp agave nectar
- 1 tsp arrowroot powder



*Rhubarb “Cereal”*



Chop the rhubarb, then simmer it in the water, covered, over medium heat. Meanwhile, chop 1/2 cup of pecans.

After 25 minutes, uncover and add all of the remaining ingredients except the arrowroot. Mash and stir well. Cook for 5-8 minutes longer, then stir in the arrowroot. Serve warm or chilled.

**Zone info:** 4 servings at 1.5 carb blocks, 7 fat blocks.

## Toasted Fruit Rings

I originally just did this with spiced apples, but later I experimented with pears. I found that if you added jelly or some berries, you could begin to recreate the taste of toast and jelly. Not exactly, but similar enough to be good.

*Time: 5 minutes*

- crisp apple (jazz apples work well) or crisp pear (try bosc pears)
- cinnamon

Remove the core of the apple or pear. An apple corer will make this very easy, but you can always do it with a knife. Cut around both ends; push the core out. Next, slice your fruit into 1/4 inch thick rings.

Meanwhile, heat a teaspoon of coconut oil in a non-stick skillet over medium heat. Add your fruit rings, and then top with cinnamon, chili powder, or a mix of both. Many possibilities here play around a little! Flip the rings over after 2-3 minutes, toast for 2-3 minutes more. Covering your skillet will hasten the process, but beware that this may make the fruit rings a little less crisp. Serve warm.



*Toasted Fruit Rings*

As mentioned above, a very small amount of berries or jelly (use real jelly, w/o high fructose corn syrup) can make a great topping, as well. Of course, top with the jelly when you serve the fruit if you go this route.

A toaster oven or stovetop grill may work well for making these as well. I have not tried this route, though.

**Zone info:** 1 apple = 2 carb blocks. 1 pear = 2 carb blocks.

## Five Spice Breakfast

Though I like this for breakfast, it makes a good meal anytime. Eggs optional!

*Time: 15 minutes*

- 1 lb. ground turkey
- 1 Tbsp olive oil
- 6 cups chopped chard\*
- 1 cup diced onion
- 1/3 cup water or chicken broth
- 1/2 cup sliced mushrooms
- 1 tsp Chinese five spice
- 2 tsp wheat free tamari soy sauce
- 2 cloves minced or crushed garlic
- fresh ground pepper
- sea salt to taste
- 2 omega-3 eggs per serving

\* If you are lucky enough to live near a Trader Joe's, use a bag of pre-chopped chard to save time.

Add the olive oil to a large skillet or pot, place over medium heat. Add the onions and cook until they begin to soften. Add the ground turkey, stirring often, until the meat is browned.

Once the meat has browned, add the 'shrooms, five spice, tamari, water or broth, and chard. Cover and cook until the chard has become soft. Add the garlic, pepper, and sea salt near the end of the cooking time.

Meanwhile, cook the eggs in a separate skillet. I like to prepare them over easy, but fix them your favorite way.

Serve up the chard mix; top with the eggs.

**Zone info:** 3 servings at ~1 carb block, 5 protein blocks, 10 fat blocks. Each egg will add 1 protein block, 2 fat blocks.

## Breakfast Broccoli Hash

Here is my new favorite breakfast. It makes for a quick, nutrient dense meal that won't jack up your blood sugar. If you eat nightshades, you might substitute chicken chorizo sausage for a great tasting Mexican style breakfast.

*Time: 15 minutes*

- 5 cups broccoli
- 1 cup chopped leeks or green onions
- 1 lb ground chicken
- 1 Tbsp oregano
- 1 tsp coconut oil

Chop your broccoli into uniform pieces, then use a steamer or a pressure cooker to cook until soft. I use a pressure cooker, and the cook time is around 2 minutes once the cooker gets up to pressure. Steaming will take a few minutes longer. Be careful not to overcook, as you want the broccoli to remain slightly crisp.

Meanwhile, brown the ground chicken or chorizo in the coconut oil. Use medium heat. When the meat has browned, add the leeks and oregano. Cook for about 5 minutes, or until the leeks have become soft. Add the steamed broccoli, mix well. Heat for 1-2 minutes more, then serve.

**Zone info:** 4 servings at ~1 carb block, 4 protein blocks, 2 fat blocks.

## Leek and Avocado Omelet

*Time: 12 minutes*

- 1/2 cup chopped leeks
- 1 cup spinach
- 1/2 small avocado
- 4 eggs (omega-3 preferably)
- 1 Tbs olive oil (divided)
- sea salt and pepper to taste

Place half of the olive oil in a small skillet, along with the leeks. Sauté over medium heat until the leeks begin to soften, then add the spinach. Cook until the spinach is wilted.

Crack the eggs into a bowl, whip well. Coat a larger skillet with the remaining olive oil, then pour in the eggs. Heat over medium, then when the eggs begin to set, add the sautéed veggies and the avocado. Place the veggies on one side of the eggs, so that you can fold the top over. With a spatula, carefully fold the empty side of the eggs over the veggies. Heat on low

for one minute more, then plate your omelet. Add sea salt and pepper to taste.

**Zone info:** 1 serving at 1/2 carb block, 4 protein blocks, 25 fat blocks.

## Ginger Eggs

*Time: 10 minutes*

- 3 eggs
- 1/2 cup green beans
- 1 Tbs minced ginger
- 1 small clove of garlic, minced
- 1 Tbs chopped chives or green onions
- 1 tsp chili oil
- 1/4 tsp coriander
- pepper to taste

Heat the oil in a small skillet. Add the green beans, sauté for two minutes. Add the ginger and garlic, cook three minutes more. Meanwhile, crack the eggs into a bowl, whip well. Add the beans, ginger, and garlic, plus the chives and coriander. Mix well, and then return to the skillet. Cook until the eggs set. Serve topped with fresh ground pepper.

**Zone info:** 1 serving at 1/2 carb block, 3 protein blocks, 9 fat blocks.



*Ginger Eggs*



## Asian Fusion Breakfast

This isn't anything you'd find on a trip to the Orient, but rather something that I threw together recently as an experiment.

*Time: 15 minutes*

- 1/3 cup red onions, chopped
- 3 cups bok choy, chopped
- 1/3 cup mushrooms, chopped
- 2 cups bean sprouts
- 1 cup kimchi
- 1 cup shredded chicken
- 2 Tbsp olive oil
- 2 Tbsp wheat free tamari soy sauce
- 5 eggs

In a large skillet or wok, sauté the onion in the olive oil. Add the remaining vegetables, chicken, and soy sauce. Cook until the vegetables are tender, and most of the liquid has cooked away.

Add the eggs, scrambling and turning often. When the eggs are done to your desired consistency, they are ready to serve.

This is a very versatile recipe; you can use a variety of vegetables to create a similar dish. Don't restrict yourself to just these... use what you have on hand.

**Zone info:** 2 servings at ~1 carb block, 5 protein blocks, 19 fat blocks.



*Asian Fusion Breakfast*

## Turkey Carrot Quiche

*Time: 8 minutes prep, 20-30 minutes cooking*

- 1/2 lb ground turkey
- 1 Tbsp olive oil
- 1 cup shredded carrots
- 6 omega 3 eggs
- 5 Tbsp coconut milk
- 1/2 cup beef broth
- 4 Tbsp fresh parsley
- 1/2 tsp coriander
- coconut oil

Brown the turkey in a bit of olive oil in a skillet over medium heat. Meanwhile, shred the carrots.

Crack the eggs into a bowl; beat well with a wire whip. Add the meat when done, carrots, and all of the remaining ingredients except the coconut oil. Stir.

Grease a baking dish or pie pan with some coconut oil. Pour in the mixture, then bake at 250 degrees for 20-30 minutes. You will need to check on it periodically; it is done when the center is firm and a knife pushed into it comes out clean.

**Zone info:** 4 servings at <1 carb block, 3.5 protein blocks, 8 fat blocks.



*Turkey Carrot Quiche*



## Crab & Leek Quiche

*Time: 8 minutes prep, 20-30 minutes cooking*

- 6 oz crab meat
- 6 Omega 3 eggs
- 1 leek
- 2 slices bacon, chopped
- 4 Tbsp coconut milk
- coconut oil

Cook the chopped bacon in a small skillet for several minutes. Add the leek and crab, continue to cook for 2-3 more minutes.

Meanwhile, crack the eggs into a bowl; beat well with a wire whip. Add the coconut milk and mix well. Combine the bacon, leek, and crab with the egg mixture.

Grease a baking dish or pie pan with some coconut oil. Pour in the mixture, then bake at 250 degrees for 20-30 minutes. You will need to check on it periodically, it is done when the center is firm and a knife pushed into it comes out clean.

**Zone info:** 4 servings at 3 protein blocks, 9 fat blocks. Carbs negligible.



*Crab & Leek Quiche*

## Chorizo Quiche

*Time: 8 minutes prep, 20-30 minutes cooking*

- 6 oz chorizo (avoid chorizo with nitrates)
- 1 Tbsp olive oil
- 6 omega 3 eggs
- 1/4 cup chopped onion
- 2 Tbsp Mexican oregano
- 1/4 cup chopped fresh cilantro
- 4 Tbsp water
- coconut oil

In a small skillet, heat the olive oil over medium heat. Add the onions and cook for 2-3 minutes until they begin to soften. Add the chorizo and cook several minutes until browned.

Crack the eggs into a bowl; beat well with a wire whip. Add the chorizo, oregano, cilantro, and water. Mix well.

Grease a baking dish or pie pan with some coconut oil. Pour in the mixture and bake at 250 degrees for 20-30 minutes. You will need to check on it periodically; it is done when the center is firm and a knife pushed into it comes out clean.

**Zone info:** 4 servings at 3 protein blocks, 9.5 fat blocks. Carbs negligible.



*Chorizo Quiche*

# Sausage Goulash Breakfast

*Time: 12 minutes*

- 4 sliced sausages
- 4 cups cauliflower
- 1 cup chopped onion
- 1/4 cup water
- 1 Tbsp olive oil
- 2 cloves crushed garlic
- 4 eggs

Place the olive oil and onion into the pressure cooker. Heat over medium, stirring, until the onions begin to soften and become translucent. Add the sausage slices, continue to stir. Heat 1-2 minutes more.

Add the cauliflower, water, and garlic. Close the pressure cooker and transfer to another element set to high. When the unit reaches full pressure, transfer it back to the original element set to medium. Cook for 4-5 minutes. Cool the pressure cooker under cold water, then remove the top.

While the veggies cook, cook four eggs over easy. Split the sausage goulash into two servings, top each with two eggs. Enjoy!

**Zone info:** 2 servings at 6 protein blocks, 1.75 carb blocks, 24 fat blocks.

## Zucchini Hash

September is the time of year when everyone seems to be trying to give away giant zucchini gourds. When I used to work at the Post Office, those things would accumulate on the table in the break room. Once in a while, someone would make zucchini bread from one, but usually they would sit there until someone finally threw them away. Too bad, because they are very versatile.

Here is a way to use them at breakfast time. This is a spicy version, but you can easily change the recipe to use your favorite spices and veggies.

- 6 cups shredded zucchini
- 1/2 tomato, chopped
- 1 jalapeno, chopped
- 1 tbsp olive oil
- 2 tsp oregano
- 1/2 tsp chili powder

Preheat the oven to 350 degrees. Shred the zucchini with a cheese grater. Grease a broiler pan with the olive oil, then spread the zucchini, tomato, and jalapeno

evenly over the pan. Top with the spices, then bake for around 20-30 minutes. Check it periodically, stirring it around a bit. When it has browned some and lost most of its moisture, it is ready. I like to serve it topped with eggs cooked over easy.

**Zone info:** 2 servings at 3 carb blocks, 4.5 fat blocks.

## Quick Paleo Pancakes 3.0

The first recipe that I wrote for the *Performance Menu* was Apple Cinnamon Paleo Pancakes. They were tasty, but a bit cumbersome to cook. I have since perfected a much quicker method, while keeping the flavor. This recipe is for one pancake; adjust to your needs.

*Time: 5 minutes*

- 1 egg (per pancake)
- 1/3 cup ground almonds (per pancake)
- 1-2 tablespoons of water (until desired consistencies)
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract

In a small bowl, beat the egg and the nut meal. Add water, then the cinnamon and vanilla. Once the mixture is beaten well, add to a non-stick skillet over low/medium heat. Cook for 1-2 minutes, then flip and cook for 1-2 minutes more. Be careful not to burn your pancakes! Serve warm.

Once you've cooked your pancakes, you can serve them with a variety of toppings. A few that I like: chopped apples and cinnamon; heated blueberries; real maple syrup; and unsweetened applesauce.

**Zone info:** 3 servings at 1/2 carb block, ~1/2 protein block, 15 fat blocks.

## Braised Asparagus Scramble

*Time: 21 minutes*

- 9 oz asparagus spears, tough bottoms broken off
- 1/2 C chopped onions
- 2 sausages, sliced (look for sausages w/o nitrates)
- 6 eggs
- 1 Tbsp olive oil
- Rosemary
- pepper



In a large skillet, cook the asparagus, oil, and rosemary over medium high heat. Add 2 Tbsp of water, cover and continue to cook. When the mixture begins to sizzle, reduce the heat to medium, turning the asparagus occasionally. After 4 minutes, add the onion, cook for two minutes more. Add the sausage, cook 4 more minutes, then remove the cover. Once most of the liquid has cooked off, add the eggs. Turn and stir well while cooking. Serve once the eggs are firm, top with pepper.

**Zone info:** 2 servings at 5 blocks protein, 1 block carb, 17 blocks fat.

## Huevos Rancheros

*Time: 12 minutes*

- 3-5 eggs
- 2-3 chopped green onions
- 3-4 cocktail tomatoes, quartered
- 1-2 Tbsp chopped jalapenos
- ~1 Tbsp olive oil
- Oregano
- Pepper
- chopped fresh cilantro

Sauté the onion in the olive oil over medium heat. Add the tomatoes, jalapenos, and spices after about a minute and cook until they soften and begin to break down. Add the eggs, stir to scramble. I usually just add the eggs and scramble them with the veggies as they cook, but you can mix the eggs in a bowl before adding if you prefer. To serve, top with the cilantro.

**Zone info:** One serving. Each egg is a protein block and 3 fat blocks, the veggies will be around 1 carb block. Plan your olive oil to meet your fat requirements.



*Huevos Rancheros*

## Veggie Scramble

*Time: 12 minutes*

- 3 C chopped bok choy
- 1/2 C chopped onions
- 1/2 C shredded red cabbage
- 2 sausages
- ~1 Tbsp olive oil
- garlic powder
- pepper

Sauté the onion in the olive oil over medium heat. Once the onions begin to soften, add the bok choy, cabbage, and spices. Stir periodically. Add the sliced sausages, and continue to cook until lightly browned. You can serve and eat the scramble as is, or a variation that I like is to scramble some eggs separately and top the veggies and sausage with the eggs.

**Zone info:** This will be dependent largely on your choice of sausages, as the fat/protein content can vary quite a bit. The veggies will be around 2 carb blocks. Use an amount of olive oil that meets your fat requirements.



*Veggie Scramble*

## Coconut "Oatmeal"

*Time: 5 minutes*

- 1/2 C shredded coconut
- 1/2 C unsweetened applesauce
- 1/3 C coconut cream
- ~8 macadamia nuts, chopped
- 1/4 tsp vanilla extract
- cinnamon

Look for coconut cream in Asian specialty markets. It

is thicker than coconut milk, and works well with this recipe. You can substitute regular coconut milk, but your "oatmeal" won't be quite as thick.

Combine all ingredients in a small pan, heat until warm. Enjoy!

Many variations are possible with this recipe. Experiment, or simply use whatever fruit or nuts that you have on hand.

**Zone info:** One serving at 5 carb blocks, 33 fat blocks.

## Eggs Tapenade

*Time: 5 minutes*

- 3-5 eggs
- 3-5 Tbsp Tapenade

Tapenade is a rich olive spread. You can add it to many different dishes, but it works really well with eggs. I like the Cantare Mediterranean blend from Costco. You can also use the tapenade recipe from this book.

Simply scramble the eggs, then top with the tapenade. Simple and tasty.

**Zone info:** 1 Tbsp tapenade = about 2 1/2 blocks fat.

# salads

## Holiday Beet Salad

*Time: 45 minutes*

Salad:

- 2 bunches of beets with greens
- 2 tsp coconut oil

Dressing:

- 2 Tbsp olive oil
- 2 Tbsp orange muscat champagne vinegar (from Trader Joe's; balsamic vinegar will work if you cannot find this)
- 2 Tbsp fresh squeezed orange juice
- 1 clove crushed garlic
- sea salt and pepper to taste

Chop the greens off of the beets, and cut off the roots. Wash the beets, then slice them into 1/2 inch cubes. Place them in a roasting pan, add the coconut oil, and roast in the oven at 350 degrees for around 40 minutes. Toss occasionally.

While the beets are roasting, wash the greens and chop them for the salad. Prepare the dressing by crushing the garlic with a garlic press, or peeling and crushing with a fork. Place the garlic in a small bowl, then add the rest of the ingredients. Mix well, adjusting the salt and pepper to taste.

Once the beets are done, allow them to cool. Serve the salad greens topped with the beets and drizzled with the dressing.

**Zone info:** 6 servings at ~2 carb blocks, 4 fat blocks.

## Fall Squash Salad

*Time: 35 minutes*

- 1 Delicata squash
- 3 1/2 Tbsp olive oil (divided)
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 2 tsp balsamic vinegar
- 1 tsp lemon peel
- 2 Tbsp pine nuts
- sea salt
- veggie mix - 8 mixed cups of the following fall vegetables: Lacinato kale, Curly kale, chard, radicchio, frisee.



*Fall Squash Salad*



Preheat your oven to 350 degrees. Cut the squash in half lengthwise, then scoop out the seeds. Chop the squash into cubes, then toss with 2 Tbsp of olive oil in a roasting pan. Sprinkle with sea salt if you like. Roast for 30 minutes, tossing every 10 minutes or so.

Meanwhile, chop your veggies, then toss them in a large salad bowl. I used a wide variety of seasonal greens from a farmer's market here; you might not want to track all of these down. Your salad will still be good with just a couple of the above.

Next, make the dressing. In a small dish, add the remaining 1 1/2 Tbsp of olive oil, lemon juice, Dijon mustard, balsamic vinegar, and lemon peel. Mix well, then add to the salad. Toss well, then transfer the salad to serving plates.

Once the squash is done, allow it to cool for 5 minutes. Top the salad with the squash, then scatter 1 Tbsp of pine nuts over each serving.

**Zone info:** 2 servings at 3.5 carb blocks, 19 fat blocks.

## Sea Greens Salad

Sea vegetables can be a nutrient dense, low carb addition to many foods. Here is a simple salad using wakame. Wakame is a good source of calcium and iodine.

*Time: 10 minutes*

Salad:

- 4 cups mixed greens
- 1 cup shredded red cabbage
- 1/2 cup grated carrots
- 1/2 cup dried wakame
- 2 Tbsp pine nuts

Dressing:

- 2 Tbsp olive oil
- 1 Tbsp orange juice or orange champagne Muscat vinegar
- 1 Tbsp wheat free hoisin sauce

Soak the wakame in cold water for 10 minutes. Drain, and then place in a saucepan of boiling water. Cook one minute, then drain.

Toss the greens, cabbage and carrots. Place on serving plates; top with the wakame and pine nuts.

In a small bowl, mix the dressing ingredients. Drizzle over the salads, then serve.

**Zone info:** 2 servings at ~ 1 carb block, 13 fat blocks.



*Sea Greens Salad*

## Lamb and Strawberry Salad

*Time: 5-7 minutes*

Springtime is a perfect time to acquaint yourself with frisee, a French curly lettuce.

- 8 oz leftover lamb
- 4 cups frisee
- 1 cup sliced strawberries
- 1/4 cup blanched almonds
- 1 Tbsp fresh mint, sliced
- 1 Tbsp lime juice
- 2 Tbsp olive oil

Chop the frisee, arrange on two plates. Top with the meat and strawberries.

To make the vinaigrette, mix the mint, lime juice, and olive oil in a small bowl. Pour over the salad equally, and then top with the almonds.

**Zone info:** 2 servings at ~1.5 carb blocks, 4 protein blocks, 19 fat blocks (this will depend on how lean your lamb cuts are).



## Pork & Roasted Veggie Salad

Time: 30 minutes

- 10 oz leftover pork loin
- 6 cups of herb salad mix
- 3/4 cup roasted asparagus
- 3/4 cup roasted zucchini
- 1 cup roasted yam and sweet potato mix
- seasonings of your choice (see below)
- olive oil
- pepper to taste
- sea salt to taste

First, roast your veggies\*. Chop the yam and sweet potatoes into small cubes. Slice the zucchs into 1/4-inch thick discs, and break off the woody ends of the asparagus. Toss all of the veggies onto a roasting pan and drizzle with olive oil. Add any seasonings that you like here. I used red pepper flakes, but smoked paprika would be a good choice as well. If you avoid nightshades, basil is tasty. Toss until they are coated in the oil, then roast in the oven for 20 minutes at 350 degrees. Toss occasionally; when all of the veggies have become soft and slightly browned, they are done.

Make a bed of greens on two plates. To save time, I used the pre-made herb greens mix from a local organic market. Top with the meat and roasted veggies. You can first warm the leftover meat in the oven if you like, or just add it cold. Top with sea salt and fresh ground pepper to taste.

\*I suggest roasting a big batch, so that you have some left for later uses.

**Zone info:** 2 servings at 2 carb blocks, 5 protein blocks, 14.5 fat blocks.



Pork & Roasted Veggie Salad

## Winter Fruit Salad

Time: 5 minutes

- 2 blood oranges
- 2 kiwis, sliced
- 1 small apple, chopped
- 1 cup pineapple squares
- 2 Tbsp dried cranberries

Add the ingredients to a bowl, toss well.

**Zone info:** 2 servings at 5 carb blocks each.

## Tomato Cucumber Salad

Time: 4-5 minutes

- 1 medium tomato
- 1/2 cucumber (I also like to use a whole lemon cucumber)
- 2 tsp Balsamic vinegar
- 1 Tbsp olive oil
- 1/4 tsp paprika
- 1 Tbsp sesame seeds
- 1/4 tsp red pepper flakes
- black pepper to taste

Cut the tomato into small wedges and arrange in a bowl. Slice the cucumber and add to the bowl. Drizzle the olive oil and vinegar over the salad and sprinkle with the spices.

**Zone info:** 1 serving at 3 carb blocks, 0 protein blocks, 9 fat blocks

## Cantaloupe & Cucumber Salad

Time: 15 minutes

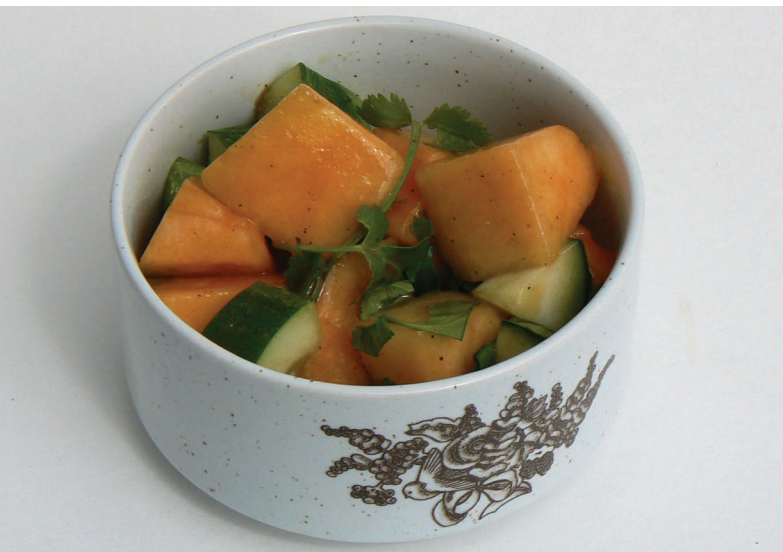
- 1 cantaloupe
- 1 cucumber
- 1/4 cup chopped cilantro
- 1/4 cup chopped macadamia nuts
- 1 Tbsp lime juice
- 1 Tbsp hoisin sauce

Half the melon, then remove the seeds. Cut the melon into wedges about 1 to 1 1/2 inches thick, then slice off the rind. Slice the wedges into cubes, and place into a salad bowl.

Cut the ends off of the cucumber, then cut it into quarters lengthwise. Remove the seeds. Slice each quarter lengthwise again, then chop into small cubes. Add these cucumber cubes to the bowl.

Add cilantro, macadamia nuts, lime juice, and hoisin sauce. Toss well, and serve chilled. This makes an easy, seasonal salad to bring to a barbecue or other event.

**Zone info:** 4 servings at 1.5 carb blocks, 4 fat blocks.



*Cantaloupe & Cucumber Salad*

## Beet Apple Salad

*Time: 15 minutes prep, 1 hour 15 minutes cooking*

- 1 lb beets
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 apple
- 1/2 cup finely chopped red onion
- 1/2 to 1 tsp tarragon

Cut the tops off of the beets, then place them in a pot and cover with water. Cover and simmer over low medium heat for 1 1/4 hours. Allow the beets to cool.

Drain the beets, cut off the root, and peel the skin. Slice the beets crosswise into thin slices, then place them in a bowl. Pour the oil and lemon juice over the beets, then chill in the refrigerator.

Core and chop the apples. If you are feeling particularly paleo, chop up the core also and include it for some extra nutrients. Chop the onion. Mix into the beets, sprinkle some tarragon on top, and serve.

**Zone info:** 4 servings at 2 carb blocks, 4.5 fat blocks (adjust fat to your needs).

## Taco Salad

No tortilla needed! This one is pretty versatile, so use your favorite veggies.

*Time: 30 minutes*

Taco meat:

- 1 lb ground grass fed beef
- 1 small tomato, chopped
- 1/2 can fire roasted green chilies (2 oz)
- 1 tsp each: paprika, cumin, garlic powder, dried onion, chili powder
- 1/2 tsp red pepper flakes
- 1/2 tsp black pepper

Salad:

- 12 C chopped romaine lettuce
- 1 C halved grape tomatoes
- 1 diced avocado
- 1/2 C sliced red onion
- 1/2 C sliced green onion
- 1/2 C chopped cilantro
- salsa

Start by preparing the meat first. Heat the meat, tomatoes, and all of the spices in a skillet over low/medium heat. Let the meat cook, stirring occasionally, for 30 minutes.

Meanwhile, prepare the salad. Chop your veggies of choice, then place them on plates or in salad bowls. Top with the meat, then with a salsa of your choice. Look for a good brand with quality ingredients, or make your own.

**Zone info:** 4 servings at ~ 2 carb blocks, 4 protein blocks, 9 fat blocks. This may vary depending on the ingredients you use, build the salad to meet your requirements.

## Arugula & Strawberry Salad

*Time: 5-10 minutes*

- 4 C arugula
- 1 1/2 C sliced strawberries
- 1/4 C pecans



- 1/4 C sliced red onion
- 2 Tbsp apple cider vinegar
- 2 tsp olive oil
- 1/4 tsp cinnamon

Place all of the ingredients except the pecans into a salad bowl and toss well. Serve topped with the pecans.

**Zone info:** 2 servings at 1 carb block, 10 fat blocks.



*Arugula & Strawberry Salad*

## Orange and Onion Salad

*Time: 5 minutes*

- One orange
- ~1/4 C sliced red onion
- 2 tsp olive oil
- 1 tsp white wine vinegar (Paleo purists can opt for lemon juice instead of the vinegar.)

Peel the orange and break it into segments. Arrange the orange pieces in a bowl, top with the sliced red onion. Drizzle with the oil and vinegar.

**Zone info:** 1 serving at 2 blocks carb, 6 blocks fat.

## No Greens Salad

Think salads are just a side dish? No way! They can easily be a full, filling meal—even for athletes trying to add muscle mass. This salad was inspired by Art

Devany's full meal style salads that he has occasionally posted on his blog. This recipe is just a template—use whatever you have on hand.

*Time: 15 minutes*

- 6 oz Trader Joe's wild Alaska canned salmon (1/2 can)
- 2 cups cauliflower florets
- 1 1/2 cups chopped bok choy stems
- 1/2 can artichoke hearts
- 1 1/4 cup grilled yellow squash
- 1 avocado, peeled and diced
- 1/2 cup pimento and/or black olives
- 1/4 cup walnuts
- 1 Tbs minced fresh ginger
- 1 Tbs apple cider vinegar

Toss all of the ingredients in a bowl, then drizzle with the vinegar.

**Zone info:** Big serving at 6 protein blocks, 3 1/2 carb blocks, 40 fat blocks.



*No Greens Salad*

## Curried Veggie Salad

*Time: 7 minutes*

- 2 Tbs mayonnaise (see mayo recipe)
- 1/4 tsp curry powder
- pepper
- 1 1/4 cup white cabbage, chopped
- 1 cup red cabbage, chopped
- 1 cup celery, chopped
- 3 radishes, chopped

Add mayo, curry, and pepper to a salad bowl. Mix well. Chop the veggies. Next, place all of the veggies in your salad bowl, then toss well to coat with the mayonnaise.

**Zone info:** 1 serving at 2 carb blocks, 18 fat blocks.



*Curried Veggie Salad*

## Avocado & Pistachio Salad

Who says that salads need to be low fat and leafy? Here is a tasty one sure to satisfy those eating a higher fat Paleo diet.

*Time: 10 minutes*

- 1 avocado
- 1 Tbs olive oil
- 1 Tbs pistachios
- 1 1/2 tsp lemon juice
- 1 clove garlic
- 4 mint leaves
- 2 Tbs coconut milk
- pepper

Cut the avocado in half, remove the seed, and scoop out the fruit. Dice into small cubes, place in a bowl. Drizzle with the lemon juice. Add the olive oil and nuts.

Peel and crush the garlic into a separate small bowl. A garlic press will save time here. Slice the mint leaves finely, and add to the garlic along with the coconut

milk. Mix well, then pour over the avocado. Add pepper to taste, toss well. Serves 1-2.

**Zone info:** 2 servings at 16 fat blocks.

## Imperial Chicken Salad

*Time: 10 minutes*

- 4 oz leftover or rotisserie chicken
- 1/2 C shredded bok choy greens
- 1/4 C chopped green onion
- 1/4 C sliced almonds
- 1 Tbsp toasted sesame oil
- 1 tsp tamari soy sauce (wheat free)
- 1/2 tsp lemon juice
- 1/4 tsp ginger
- red pepper flakes
- pepper

Make quick use of some leftover chicken (Turkey works well, too)! Mix all of the ingredients in a bowl, and enjoy.

**Zone info:** 1 serving at 4 protein blocks, 1/2 carb block, 17.5 fat blocks.

## Curried Chicken Salad

*Time: 12-15 minutes*

- 8 oz leftover or rotisserie chicken, shredded or cubed
- 1/2 C chopped red bell pepper
- 1/2 C chopped celery
- 1/4 C sliced almonds
- ~1/8 C raisins
- 4 Tbsp canola mayonnaise (or see mayonnaise recipe in this book)
- 1 Tbsp curry
- pepper

Mix all of the ingredients in a bowl and serve. Adjust the mayonnaise to meet your fat requirements.

**Zone info:** 2 servings at - 4 blocks protein, 1 carb block, 18.5 fat blocks.

# soups

## Easy Beef & Vegetable Soup

This recipe only takes a few minutes of hands on time. If you use pre-shredded cabbage and pre crushed garlic, you can really save time.

*Time: 40 minutes*

- 1 pound ground beef (grassfed preferably)
- 4 cups beef broth
- 8 oz + shredded cabbage
- 2 oz bacon ends
- 3 cloves crushed garlic
- salt and pepper to taste

Cook the bacon and cabbage in a saucepan for about 8 minutes. Add ground beef and cook, mixing well, until the meat is browned. Add beef broth and garlic, then cover, reduce heat to medium low, and simmer for 20 minutes.

**Zone info:** 4 servings at .75 carb blocks, 4.75 protein blocks, 12.5 fat blocks.

## Quick Vegetable Soup

Use this recipe as a template; using whatever veggies you have on hand. A mix of green and yellow vegetables seem to work well and give a good flavor. You can also adjust the quantity of water used to make different consistencies of soup. If you have a pressure cooker, reduce the cooking time significantly.

*Time: 15 minutes*

- 1/2 cup diced yams or sweet potatoes
- 1/2 cup diced onion
- 1 cup broccoli
- 1 cup cauliflower
- 2 cups water
- 1/2 tsp thyme
- 1/2 tsp oregano
- 2 Tbsp olive oil (adjust to your needs)
- sea salt and pepper to taste

Combine the vegetables, water, and seasonings in a pot, bringing it to a boil. Stir well, then cover and simmer for 8 minutes. Transfer to a blender, puree, then return the soup to the pot. Add the oil, salt, and pepper. Stir, then serve hot. You can also chill the soup and serve it cold.

**Zone info:** 2 servings at 1.8 carb blocks, 9 fat blocks.

## Tangy Strawberry Soup

*Time: 10 minutes prep, 2 hours chilling*

- 1 quart strawberries
- 4 Tbsp balsamic vinegar, divided
- 1/2 tsp cinnamon
- 1/2 tsp orange zest
- 1/2 tsp lemon zest
- 1 Tbsp orange juice
- 1/2 cup coconut milk



Remove the stems from all of the strawberries. Reserve 10-20 strawberries; cut these berries into thin slices. Place in a bowl, then drizzle with 2 Tbsp of balsamic vinegar. Cover and chill in the refrigerator for two hours.

Puree the rest of the strawberries in a blender with the remaining ingredients except the coconut milk (adding only the remaining 2 Tbsp of balsamic vinegar). Once the berry mix is pureed, add the coconut milk slowly. Puree until smooth. Pour the soup into a bowl, cover and chill in the 'fridge for 2 hours.

Serve in small bowls with the sliced strawberries on top. You can add a dollop of coconut milk for added garnish, if you like!

**Zone info:** 4 servings at 1 carb block, 4 fat blocks.

## Chilled Cucumber Soup

*Time: 5-7 minutes, plus chilling time*

- 1/2 cup chopped onion
- 2 medium cucumbers
- 1/4 cup fresh cilantro leaves
- 1/2 cup coconut milk
- 1/4 cup chicken broth

Peel the cucumber, then chop it into small chunks. Load the onion, cucumber, and cilantro into your blender. Add the coconut milk and chicken broth. Blend until smooth, but not too finely. Refrigerate, then serve cold. Garnish with some more cilantro.

**Zone info:** 4 servings at .75 carb blocks, 0 protein blocks, 4 fat blocks.



*Chilled Cucumber Soup*

## Rhubarb Soup

*Time: 5 minutes prep, 20 minutes cooking*

- 2 cups chopped rhubarb
- 2 cups water
- 1/4 cup chopped strawberries
- 1 Tbsp agave nectar
- 2 Tbsp arrowroot
- 1 cinnamon stick

Bring the water to a boil, then stir in the rhubarb, strawberries, agave nectar, and cinnamon stick. Reduce the heat, then cover and simmer for 15 minutes.

Mix the arrowroot in a small dish with 2 Tbsp of water. Stir into the soup, then cook for a few more minutes until the soup is thick and clear. Remove the cinnamon stick, then cover and chill.

Serve cold, with an optional dollop of coconut milk on top!

**Zone info:** 4 servings at ~.75 carb blocks.

## Iced Gazpacho

If you eat nightshades, here is a recipe to enjoy on a hot summer night. Summer is the season to take advantage of garden grown veggies, if possible.

*Time: 15 minutes prep, 3 hours chilling*

- 3/4 lb tomatoes
- 1/2 large onion
- 1/2 cucumber
- 1 green bell pepper
- 3 cloves garlic
- 2 Tbsp olive oil
- 1 Tbsp apple cider vinegar
- sprig of parsley
- black pepper
- 3 1/2 cups water

Blanch, peel and chop the tomatoes. Blanch the tomatoes by plunging them into boiling water for around 15 seconds, then dousing them into cold water. The skins will then remove easily.

Peel the cucumber, then remove the seeds. Chop it into medium pieces. Chop the onion; seed and chop the bell pepper. Peel and chop the garlic.

Add all of these vegetables to a blender with the olive oil, vinegar, parsley, and 2 1/2 cups of water. Blend to



a puree.

Dump the puree into a large bowl, and then add the remaining cup of water. Stir well; cover and chill for 3 hours.

Grind some black pepper into the gazpacho before serving, mix well. Serve with a few ice cubes.

**Zone info:** 6 servings at 1/2 carb block, 3 fat blocks (adjust this as needed by tweaking the olive oil added)

## Creamy Chicken Broccoli Soup

*Time: 10 minutes*

- 10 oz chicken breast
- 1 lb broccoli florets
- 1/2 cup coconut milk
- 1/2 cup beef broth
- fresh ground black pepper

Place the chicken, broccoli, and beef broth into the pressure cooker. Close the lid and heat on high until the pot is up to pressure. Transfer the pressure cooker to another element that has been preheated to medium. Cook 5 minutes. Cool the pressure cooker quickly under cold running water, then remove the lid.

Remove the chicken breasts and set aside. Next, empty the broccoli and broth into a blender. Add the coconut milk. Puree the mixture, then add the chicken. Blend the chicken on low until the meat is shredded—around 20 seconds maximum. Don't blend the meat too finely, or the soup will resemble baby food! Serve in bowls, top with fresh ground black pepper to taste.

If you don't have a pressure cooker, boil the chicken for 20 minutes, and steam the broccoli for 12 minutes separately.

**Zone info:** 2 servings at 5 protein blocks, <1 carb block, 8 fat blocks.

## Turkey “Stuffing” Soup

*Time: 30 minutes*

- 3 lbs turkey breast
- 2 cups cauliflower
- 2 cups chopped celery
- 2 cups chopped yellow squash
- 2 cups chopped parsnips
- 1/2 cup chopped carrots
- 5 Tbsp chopped fresh sage or 1 1/2 Tbsp dried sage
- 2 Tbsp rosemary
- 1 Tbsp olive oil
- 2 cups chicken broth

Heat the oil in the pressure cooker over medium heat. Brown the turkey, mixing well. Add the seasonings as the meat browns. Once the meat has browned, add all of the remaining ingredients. Close the lid, turn the heat to high, and bring the pot up to pressure. Reduce to medium, and cook 20 minutes. Cool the cooker and release the pressure, then serve.

**Zone info:** 8 servings at 6 protein blocks, ~1 carb block, 6.5 fat blocks.

## Squash Bowl Soup

If you miss eating hearty soup from a bread bowl, here is an idea that works well. This makes a good higher carb recovery meal.

*Time: 45 minutes*

- 2 medium acorn squash
- soup of your choice

Look for squash with relatively flat bottoms. Cut a flat spot in the bottom of each squash so that they will stand upright. Then, with a short sharp knife, cut around the stem and remove. Dig out the seeds and ropy fibers.

Place the squash upright in a baking pan, then bake at 350 degrees for 35-40 minutes. While the squash bakes, prepare your soup. When the squash is done, serve them on a plate. Fill the squash bowl with your soup, serve them hot.

**Zone info:** This will depend on the soup you use, of course. Acorn squash is one carb block per 3/8 cup.

# entrées

## Beef Stroganoff

Stroganoff originally came from Russia, but this easy and versatile meal has spread around the world over the last 100 years. This recipe is adapted from my wife's grandmother's recipe, but with an added twist from my mother's recipe (or lack thereof). Grandma Bertie would make this dish on special occasions. Her original version was made with canned cream of mushroom soup. We'll avoid that here by resorting to our favorite dairy stand-by: coconut milk. The added twist from my youth is the addition of fettuccine-like "noodles" made from vegetables. My mother would make Hamburger Helper Stroganoff, and this would have a thin pasta.

This recipe is for a large batch, so you will have leftovers unless you are cooking for a large group. Modify the quantities if needed.

*Time: 1 hour*

- 2 lbs ground beef (grassfed preferred)
- 1 Tbsp coconut oil
- 1/2 cup chopped green onions
- 1 cup sliced mushrooms
- 1/2 cup beef broth
- 1 14 oz can coconut milk
- 3 small zucchinis, sliced very thinly
- 1 carrot, sliced very thinly
- 3 cloves garlic
- 2 tsp sea salt
- 1/4 tsp chili powder
- 1/4 tsp mustard powder
- 1/8 tsp cayenne pepper

- 2 bay leaves

Heat the coconut oil in a large skillet over medium heat. Add the onion and mushrooms, stirring, until the onions are becoming soft (around 5-6 minutes). Add the meat, stirring occasionally, until browned.

Meanwhile, slice the carrots and zucchini. If you have some kind of mandolin slicer, this will be quick and easy. The slicing side of a standard grater will work also, as will a good peeler. Watch the fingers with these! Basically, you are trying to create thin, fettuccine-like "noodles".

Once the meat has browned, add the veggie "pasta", followed by all of the remaining ingredients. Cover and simmer for at least 20 minutes, giving it a stir from time to time. (You can simmer this longer if you like, this will infuse the flavors further.)

**Zone info:** 8 servings at ~1 carb block, 4 protein blocks, 12 fat blocks

## Pork Three Ways

Here is a simple recipe template where we will use the same base ingredients, but create three distinctly different meals by simply changing up the spices. I am using pork and cabbage here, but you can use any other protein and vegetable in this template as well.

*Time: 25 minutes*

Base recipe:

- 2 lb pork loin, cubed
- 10 cups shredded cabbage
- 2 Tbsp olive oil

Heat the olive oil in a large skillet over medium heat. Add the meat, tossing until browned. Add the cabbage and your seasonings of choice from below, cover and simmer for 15 minutes. Toss a few times while cooking, then serve. You'll have leftovers for later.

For an Indian style meal, add:

- 2 Tbsp minced ginger
- 2 Tbsp tahini
- 1 Tbsp curry powder
- 1 tsp lemon juice

For a Latin style meal, add:

- 1 Tbsp oregano
- 2 tsp cumin
- 1 tsp chili powder
- 1 tsp lemon juice

For a comfort food style meal, add:

- 6 oz chopped bacon ends
- sea salt
- pepper

**Zone info:** 8 servings at 1/2 carb block, 4 protein blocks, 4.5 fat blocks. The Indian style recipe will contain 1.5 fat blocks more per serving. The recipe with the bacon will contain 1 more protein block and 2.8 more fat blocks per serving.

## Quick Curry Dinner

This works well with leftover or precooked meat. Another option is to cook some meat first, then add it back in to this recipe. You can also use your favorite veggies of choice: I've made this with eggplant or cauliflower as the base vegetable before.

*Time: 25 minutes*

- 1 lb leftover or precooked chicken (diced)
- 4 cups diced zucchini
- 3 sun dried tomatoes
- 1 Tbsp unsweetened applesauce
- 1/2 tsp curry powder
- 1 Tbsp olive oil
- 1/2 cup coconut milk

A few hours ahead of time, place the dried tomatoes into 1/2 cup of water to soak. When you are ready to begin, add the tomatoes and the water to a blender.

Add the applesauce and curry powder, pulse until pureed.

Heat the oil in a skillet over medium, then add the zucchini. Sauté until soft and beginning to brown, stirring often. Add the chicken and sauce from the blender. Continue to cook for around two more minutes. Add the coconut milk, mix well. After 2 additional minutes, it's ready to serve!

**Zone info:** 3 servings at ~1 carb block, 5 protein blocks, 5 fat blocks.

## Almond Chicken

Here is a topping for chicken, but it is excellent over fish and pork as well.

*Time: 15 minutes*

- 4 oz almonds
- 2 Tbsp olive oil
- 2/3 cup chopped celery
- 1 cup chopped onion (I used the pre-chopped onion from Trader Joe's)
- 1/2 cup chopped mushrooms
- 5 oz can water chestnuts
- 2 Tbsp Tamari soy sauce (wheat free!)
- sea salt and fresh ground pepper to taste
- 1/2 cup of chicken broth, or 1/2 cup water + 1 tube of Trader Joe's chicken broth concentrate

Saute the almonds in the olive oil, using a saucepan over medium heat. Once the almonds begin to brown slightly, remove them from the pan and set them aside.



*Almond Chicken*

Next, add the onion and celery, then saute until soft. Add the mushrooms, cooking for 3 minutes longer. Return the almonds, then add all of the remaining ingredients. Mix well, cook until hot. Serve over shredded chicken, or other meat of your choice.

**Zone info (topping recipe only):** 3 servings at 1.5 carb blocks, 19 fat blocks.

## Beef Skewers

Super simple and very versatile. You can marinate or season these so many different ways. I have two examples here, but use your favorites.

*Time: 8-10 minutes*

- 1 lb. top sirloin
- horseradish sauce
- habanero lime sauce
- bamboo skewers

Carefully cut the sirloin into ¼-inch strips. Even better, save time by asking your meat department to do it for you. My butcher even threaded the strips onto skewers for me.

Add the sauce or seasonings of your choice to the strips. I did half with a horseradish sauce and half with a habanero lime sauce. Then, thread the skewers thru the meat strips. Place on the grill for 2-3 minutes per side. Be careful not to overcook!

**Zone info:** 1 oz beef = 1 block protein; fat content will vary. Check with your butcher.



*Beef Skewers*

## Rosemary-Garlic Lamb Chops

*Time: 18 minutes*

- 1 lb. lamb arm chops
- 2 Tbsp minced fresh rosemary
- 2 cloves minced or crushed garlic
- 1 Tbsp olive oil

Mix the rosemary, garlic, and olive oil in a small bowl. Rub evenly over both sides of the lamb chops.

Grill for 7-8 minutes per side. Monitor the meat closely, as your cooking time will vary by the temperature of your grill.

**Zone info:** 4 servings at 4 protein blocks; ~12 fat blocks.

## Jerk Chicken

*Prep time: 10 minutes*

*Cooking time: 15 minutes*

- 1 lb. boneless skinless chicken thighs
- one minced green onion
- 1 Tbsp fresh squeezed orange juice
- 2 tsp apple cider vinegar
- 1 tsp minced jalapeno pepper
- 1 tsp minced ginger
- 1 tsp wheat free tamari soy sauce
- 1 clove minced or crushed garlic
- 1 tsp allspice
- 1/2 tsp cloves
- 1/4 tsp cinnamon

Combine all of the ingredients in a bowl; mix well. Add the chicken, coating each piece. Place in the 'fridge, allow to marinate overnight. Grill the chicken for 7-8 minutes per side, or until done.

**Zone info:** 1 oz chicken = 1 protein block.

## Thai Plum Sauce Pizza

This recipe uses the nut-based crust that was featured in Volume 1 of *Cooking for Health and Performance*. High fat goodness! This is a non-traditional pizza idea; it is these different types of pizzas that I actually prefer cooking and eating.



I use the nut crust here, but you can certainly try this with the other meat-based crusts if you like.

*Time: 15 minutes prep, 30 minutes cooking*

- 3 tsp olive oil, divided
- 1 cup ground almonds (Trader Joe's)
- 3 Tbsp almond butter
- 3 egg whites (1/3 cup)
- 4 Tbsp Plum sauce or wheat free Hoisin sauce (look for low/no sugar varieties)
- 1 cup leftover chicken chunks
- 2/3 cup green onion, chopped
- 1 Tbsp tamari soy sauce (wheat free)
- 1 tsp Mongolian fire oil or chili oil

Mix the ground nuts, almond butter, and egg whites in a small bowl. Grease a pizza baking sheet with 2 tsp of olive oil. Spread the dough mixture over it, flattening it into 1/4 inch thick crust. Spread 4 Tbsp of plum sauce evenly over top of the crust. Preheat the oven to 250 degrees.

In a small skillet, add the remaining olive oil and the Tamari sauce. Add the chicken and cook for 1-2 minutes. Top the pizza with the chicken, then add the fire oil to the same skillet. Sauté the green onions for around 2 minutes, then add these to the pizza.

Bake for 30 minutes. Slice the pizza, then carefully remove it with a large spatula. The nut crust won't be as firm or crisp as traditional grain dough, so it will require extra care.

**Zone info:** 4 servings at 1 carb block, 2.5 protein blocks, 15 fat blocks.

## High Protein Chicken Pizzas

This is a quick and convenient way to make pizza, and you won't have to eat any extra meat on the side in order to get in your protein! Here, we'll just use a chicken breast as the crust. After the basic directions, I provide recipes for two old favorites. You can make any style of pizza you like this way, just follow the basic guidelines.

*Time: 30 minutes*

For the "crust":

- 2 boneless, skinless chicken breasts
- 2 Tbsp olive oil

Pizza sauce:



*High Protein Chicken Pizzas*

- 3 Tbsp olive oil
- 2 cloves crushed garlic
- 2 Tbsp finely chopped red onion
- 1 6 oz can tomato paste
- 1 8 oz can tomato sauce
- 1 tsp black pepper

Toppings for the Italian sausage and olive pizza:

- 3 oz Italian sausage
- chopped black olives
- chopped mushrooms
- chopped red onions
- 1 Tbsp tahini

Toppings for the Canadian bacon and pineapple pizza:

- 2 oz sliced Canadian bacon
- chopped pineapple

To create the "crust", use a mallet to pound the chicken breasts into flat, thin crusts. This will take a little effort - you might not want to try this right after finishing a grueling workout of deadlifts and rope climbs! While you are pounding, preheat the oven to broil. Once you have two thin, approximately round "crusts", they are ready to bake.

Spread the olive oil on a baking pan. Brush each side of the chicken with the oil, then place the pan in the oven. Broil for 1 1/2 minutes, then flip the chicken over and broil for 1 1/2 minutes on the other side. Remove from the oven, and now the pizzas are ready to top. Reduce the oven heat to 350 degrees.

Meanwhile, make the pizza sauce. Warm the tomato paste and tomato sauce in a small saucepan. In a

separate small skillet, saute the garlic and onion for 3 minutes, and then add them to the tomato mixture. (Basil and oregano would be good additions to the recipe at this point, as well. When I prepared this, we were away from home, and I didn't have access to our spices) Mix to combine well. Simmer on low.

Spread the pizza sauce on the broiled chicken "crusts". Add the toppings of your choice. Place the pizzas back into the oven, baking for around 12-15 minutes. They are then ready to slice and serve.

**Zone info:** This really depends on your toppings, and the size of your chicken breasts. 1 oz chicken = 1 block protein. The pizza sauce as above totals 5 carb blocks, 26 fat blocks. Add the info for your toppings to get an accurate total.

## Ground Turkey Pizza Crust

Here is another idea for a high protein pizza crust. You'll want to bake this on a pizza stone. If you use a regular baking pan or dish, the thin meat "crust" may burn in some areas due to uneven heat distribution. Luckily, you can find inexpensive pizza stones.

*Time: 30 minutes*

- 1 1/4 lb ground turkey (or other ground meat)
- 1 egg
- 2 Tbsp ground almonds
- 1 tsp garlic powder
- 1 tsp dried basil
- olive oil

Preheat the oven to 450 degrees. Oil the pizza stone with a small amount of olive oil.

In a bowl, mix the ground turkey, egg, ground nuts, and spices. When thoroughly combined, pour onto the stone and press flat into a crust about 1/2 inch thick. Bake in the oven for 10 minutes. Remove the "crust"; it will look like a thin meatloaf at this point.

Add your sauce and toppings of choice. (For the pizza shown, we used pizza sauce, Canadian bacon, cauliflower, olives, and grape tomatoes) Pop the pizza back into the oven, bake for 10-12 minutes longer. Remove, slice, and serve.

**Zone info:** (for the "crust" only) 4 servings at 5 protein blocks, 5 fat blocks.

## Kelp Noodle Spaghetti

*Time: 10 minutes*

- 1/2 lb ground turkey
- 1 12oz package kelp noodles
- 2 Tbsp olive oil (adjust to meet your fat needs)
- 6 cups arugula
- 1 cup marinara sauce (low/no sugar)
- 1/3 cup olives
- 1 Tbsp oregano
- 1 clove garlic, minced

Brown the meat in a skillet with the olive oil. Add the oregano and arugula and cook until the leaves wilt; around 2 minutes. Add the marinara sauce, kelp noodles, olives, and garlic. Combine thoroughly. When the noodles have softened, you are ready to eat!

**Zone info:** 2 servings at 1 carb block, 4 protein blocks, 12 fat blocks.

## Kelp Noodle Stir Fry

*Time: 20 minutes*

Kelp noodles are a great substitute for pasta. They are made from nothing but kelp, and are very low carb. an entire 12 oz package only contains 3g of carbohydrate and totals 18 calories! If you are tired of spaghetti squash, or looking to get a few more trace minerals into your diet, these are the way to go! Quick, easy, and very versatile. Look for packages of kelp noodles in the refrigerator section of better markets.

- 1 lb pork, cut into cubes
- 12 oz kelp noodles
- 1/2 cup chopped onions or leeks
- 1 cup chopped celery
- 1 small red bell pepper, seeded and chopped
- 1 Tbsp coconut or olive oil



*Kelp Noodle Stir Fry*



- 1 Tbsp chopped ginger
- 2 Tbsp Tamari (wheat free) soy sauce
- 2 cloves crushed garlic
- 2 Tbsp arrowroot powder
- Pepper to taste

Heat the oil in a large skillet or wok. Add the ginger and the onions (or leeks), sauté 2 minutes. Add the meat, turning often, until browned on all sides. Next, add the remaining vegetables except the garlic. Sauté for 5 minutes, then add the kelp noodles and soy sauce. After several more minutes, add the arrowroot to thicken the sauce, and the crushed garlic. Toss well until the sauce has thickened, then serve. Top with fresh ground pepper.

**Zone info:** 4 servings at 1 carb block, 4 protein blocks, 8 fat blocks.

## Kale Sandwiches

*Time: 5 minutes*

Here is an easy way to whip up a portable lunch or snack. Lacinato kale makes for a decent bread substitute, as the leaves are tough enough to hold the sandwich together. You can use other veggies, though. Chard works reasonably well, for example. Build the sandwich with ingredients of your choice.

- 6 large leaves of Lacinato kale
- 1/2 lb sliced ham (no nitrates, preferably)
- 1 small tomato, sliced thinly
- Spinach
- Red onion, sliced thinly
- Condiments of your choice

Use the leaves as bread. Fold the meat slices on the bottom leaf, top with the veggies. With a fat source as a side dish, you have a complete meal. Another option is to include fat in the sandwich - olive oil mayo, avocado slices, or bruschetta.

**Zone info:** 1 serving at 2 carb blocks, 6 protein blocks, 1.5 fat block.



*Kale Sandwiches*

## Cornish Game Hen

*Time: 25 minutes*

- 1 Cornish game hen
- 1 Tbsp olive oil
- 2 Tbsp rosemary
- 2 Tbsp thyme
- 2 cloves garlic
- 1/4 cup chicken broth

Heat the oil in the pressure cooker. Lightly brown the outside of the bird by turning it in the oil. Place half of the rosemary and thyme inside your bird, and the other half on the outside. Stuff the garlic inside the bird. Add the broth, then close the lid. Bring the heat up to high until the pot is up to pressure. Reduce to medium, and cook 22 minutes. Cool the cooker and release the pressure; it's done!

**Zone info:** will vary depending on your bird. 1 oz chicken = 1 protein block.

## Beef & Zucchini Casserole

*Time: 20 minutes, 40 minutes cooking*

- 1 lb ground grassfed beef
- 2 small zucchinis, thinly sliced lengthwise
- 1/2 cup diced onion
- 2 cups sliced mushrooms
- 2 cloves minced garlic
- 1 cup chicken broth
- 3 tsp arrowroot powder
- 2 tsp almond meal
- 1 tbsp olive oil

Add the olive oil, beef, onion, mushrooms, and garlic to a large skillet. Brown the meat over medium heat.

Meanwhile, combine the broth, arrowroot, and almond meal in a small pan. Heat on medium, stirring often, until a thick gravy forms.

In an 8" baking dish, start layering the casserole by covering the bottom with zucchini strips. Spread some meat over the zucchs, then add some gravy. Start another layer of zucchini. Continue adding layers of zucchs, gravy, and meat in that order—finishing up with meat and gravy.

Finally, it's ready to cook. Bake in the oven for 40 minutes, then serve.

**Zone info:** 4 servings at 1 carb block, 4 protein blocks, 11.5 fat blocks.

# No Nightshade Chicken Fajitas

Time: 30 minutes

- 1 1/2 lbs chicken, sliced into strips
- 2 cups chopped celery
- 1 cup sliced onion
- 1 cup baby carrots, sliced lengthwise
- 1 1/2 cup sliced mushrooms
- 1 cup chopped cabbage
- 2 tbsp olive oil
- 2 tbsp whole Mexican oregano
- 1 1/2 tsp cumin
- 2 cloves of crushed or minced garlic
- black pepper

Heat the olive oil in a large skillet over medium heat. Add the chicken, turning frequently until browned. Remove the chicken to a bowl, while keeping the juices in the skillet.

Add all of the vegetables except the garlic and turn the heat up to medium-high. Toss regularly until they begin to soften. Return the chicken to the skillet, then add the cumin and oregano (a note on the oregano: look for a good whole Mexican oregano. I use the Mojave brand that you can find in packets in the Hispanic section in most supermarkets). Toss the fajitas, and continue to cook for 4-5 more minutes, reducing the heat. Add the garlic and fresh ground pepper at the end of the cooking process. Serve hot.

**Zone info:** 4 servings at 1.3 carb blocks, 6 protein blocks, 4.5 fat blocks.



No Nightshades Chicken Fajitas

# Pork Chops & Applesauce

Time: 40 minutes

- 1 lb. pork chops
- 1 cup unsweetened applesauce, or homemade applesauce (see recipe in this book)
- Cinnamon and nutmeg to taste
- 1 tsp olive oil

Preheat the oven to 400 degrees. Heat the olive oil in a skillet over medium heat, then brown the pork chops on both sides. Transfer them to a baking dish. Cover the meat with 1/2 cup of applesauce and spices. Bake for 15 minutes, then turn the chops over and cover with another 1/2 cup of applesauce and spices. Bake for 15 minutes more. Serve with the applesauce spooned over the meat.

**Zone info:** 4 servings at .75 carb blocks, 4 protein blocks, 7 fat blocks

# Spaghetti Squash Carbonara

This dish substitutes spaghetti squash for the traditional pasta. Presto! Lower glycemic load, better nutrient profile, tastes just as good or better than the original, and none of the negative impact of grains. Though this makes a great breakfast, it is traditionally an evening meal.

This can be prepared quickly, especially if you have cooked the spaghetti squash ahead of time.

Time: 10 minutes (w/precooked squash)



Spaghetti Squash Carbonara

- 4 cups cooked spaghetti squash
- 2 slices bacon (nitrate free)
- 2 eggs
- 3 Tbsp minced parsley
- 1 Tbsp olive oil
- 2 cloves minced garlic
- 1/2 tsp red pepper flakes
- black pepper

To cook the spaghetti squash: Cut it in half lengthwise, remove the seeds and ropy fibers, then place the halves face down in a baking dish or roasting pan. Add 1/4 cup of water, then bake at 350 degrees for around 40 minutes, or until soft. I then place the cooled squash in the refrigerator for use later.

To make the Carbonara: Heat the olive oil in a skillet, then cut the bacon strips into small pieces. Fry the bacon for several minutes until it is beginning to brown, then add the minced garlic. After a minute, add the precooked spaghetti squash. You will simply scoop out the squash meat from the shell; it will come out into nice, pasta-like strands. I find that one half of a squash will measure out to be about 4 cups. Toss the squash and bacon frequently, until warm.

Meanwhile, crack the eggs into a small bowl. Add the parsley and spices. Whip the mixture with a fork until it is well blended, then add to the skillet. Toss until the eggs set. Serve warm, and top with additional black pepper to taste.

**Zone info:** 2 servings at 1.25 carb blocks, 1.75 protein blocks, 12 fat blocks.

## Chicken and Cauliflower

Here is a quick to prepare one pot meal. You can also prepare this one in a slow cooker, simply add the same ingredients and set to low. If you choose this route, the cooking time will be around 5 hours.

We have frequently sung the praises of El Pato tomato sauce. For this recipe, I used the milder version that comes in the red can. Check the Hispanic foods section of your grocery store for El Pato. If you can't find it, any good tomato sauce will work.

*Time: 5-10 minutes prep, 45 minutes cooking*

- 1 1/2 lb chicken thighs or breast
- 8 oz tomato sauce (El Pato w/jalapeno)
- 1 head of cauliflower
- 1 red bell pepper
- 1 tbsp olive oil
- 1 tsp cumin

- 1 tsp thyme
- 1/2 tsp garlic powder

Heat the olive oil over medium heat in either a large skillet or soup pot. Brown the chicken on all sides. Meanwhile, chop the cauliflower into small pieces. I like to chop it finely so that it resembles rice, but this is not essential. Add all of the remaining ingredients to the pot, then reduce to medium-low. Cover and cook for 45 minutes, stirring occasionally.

**Zone info:** 5 servings at 5 protein blocks, 1 carb block, 2 fat blocks (will vary depending on the type of chicken meat you use).

## Moroccan Chicken

*Time: 25 minutes*

- 1 lb diced chicken breast
- 1/2 can artichoke hearts, sliced in half
- 1 C diced onion
- 1/4 C chopped parsley
- 2 Tbsp olive oil, divided
- 1/3 C kalamata olives
- 3 sundried tomatoes, chopped
- 3 cloves garlic, sliced
- 2 Tbsp lemon juice
- 1 tsp coriander
- pinch of saffron
- pepper

Heat 1 Tbsp of olive oil in a large skillet. Sauté the onion and garlic for 3 minutes, then add the spices. Continue to sauté for two more minutes, then add the artichoke hearts and sun dried tomatoes. Cook for 2 minutes, then place the sautéed veggies aside into a bowl.

Add another tablespoon of olive oil to the skillet, then add the diced chicken. Cook for around 5 minutes, turning the meat often, until the chicken has browned. Add the veggies back in, then add the parsley, olives, and lemon juice. Stir and cook until the juices reduce some—around 5 to 7 minutes. Serve and enjoy!

**Zone info:** 4 servings at 1 carb block, 4 protein blocks, 5.5 fat blocks.

## Flank Steak Pesto Rollups

*Time: 20 minutes*

- 7 garlic cloves



- 1/3 C olive oil
- 1/3 cup pine nuts
- 1/2 bunch of parsley
- 1 C arugula
- pepper to taste
- 1 1/2 lb beef flank steak, preferably grass fed

In a blender, puree the garlic, pine nuts and the olive oil. Add the parsley and arugula, continue blending until a creamy pesto has formed.

Cut the steak into strips about 2-3 inches wide. Lay them out on a plate, then top each steak strip with the pesto. Roll up the meat, starting at the smaller end. Shove a toothpick thru the roll to hold it tight.

Place on the grill, cooking for around 3 minutes. Turn the roll over, cook around 3 minutes more. Remove and serve.

**Zone info:** 6 servings at 4 blocks protein, 11 blocks fat.



*Flank Steak Pesto Roll-ups*

## Tandoori Chicken

*Time: 15 minutes marinating, 10 cook prep, 20 minutes cooking*

- 1 lb boneless chicken thighs
- 5 cloves garlic, chopped
- 2" piece ginger, chopped
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- 2 tsp paprika
- 2 tsp cardamom
- 2 tsp garlic powder
- 2 tsp cinnamon

- 2 tsp cloves
- 2 tsp ginger
- 1/2 C coconut milk
- 1 green Thai chili, finely chopped

Cut slashes in the chicken about 1/2" deep. Place the chicken in a bowl.

Puree the garlic, ginger, and 1/4 cup of water in a blender. Pour the mixture over the chicken. Add 1 Tbsp olive oil, then 1 tsp each of all of the spices. Toss well, then let sit overnight in the refrigerator to marinate.

Place the coconut milk, chiles, and the remaining olive oil and spices in a bowl (1 tsp each). Stir well, then pour over the chicken. Mix thoroughly.

Heat the oven to 500 degrees. Line a baking sheet with foil, then place the chicken on a baking rack on top of the foil. Pour the remaining marinade over the chicken. Bake for about 20 minutes, rotating the sheet once.

**Zone info:** 4 servings at 4 blocks protein, 8 blocks fat.



*Tandoori Chicken*

## "Breaded" Clams

Living near the sea, I sometimes get delicious razor clams when I go home to visit my parents. They usually get passed along to me, as they don't like to go thru the trouble to prepare them. Go figure....

Clams can be tricky to cook; the key is not to cook them long! I get my clams already shelled, so this is pretty quick and easy to prepare. Look in better markets for quality clams.

- 1 lb shelled clams
- 1 1/2 C ground almonds (I use pre-ground almond meal from Trader Joe's)
- 2 tsp pepper
- 2 tsp sea salt
- 2 eggs
- olive oil

Crack the eggs into a bowl, add the salt and pepper, then beat well. Spread the nut meal on a plate. Then, wash the clams. Dip the clams in the egg mixture, then roll them in the nut meal. Set them aside until all of the clams are breaded.

Add some olive oil to a skillet and heat over a fairly hot burner. Cook each clam for no more than 30 seconds per side. If you overcook the clams, they will turn tough as leather! Be careful. Serve them hot!

**Zone info:** 4 servings at ~ 4 protein blocks, 8 fat blocks.

## Portabella Burgers

Portabella mushrooms can make good substitutes for hamburger buns. Here is a simple hamburger meal Rochelle and I whipped up in our cabin on our recent honeymoon. We just used one mushroom for the bottom "bun", but you could use two if you'd like it to look a bit more traditional.

*Time: 20-25 minutes*

- 3 portabella mushrooms
- 1 lb ground buffalo (or beef, turkey, etc.)
- 6 slices tomato
- lettuce
- 1/4 C chopped onion
- 2-3 cloves chopped garlic
- 1 Tbsp olive oil

Put the ground meat into a bowl and add the



*Portabella Burgers*

onion, garlic, pepper, and any other spices that you wish. Mix well, then form into three patties. Place the olive oil in a skillet and cook the patties, flipping often, until done to your liking. I like to flip the meat often to prevent any excessive browning, and serve it done rare. Set the burgers aside when done, covering with a plate so that they stay warm.

While the burgers are cooking, prepare the "buns" and any vegetables that you wish to top the burgers with. You'll want to cut the stems out of the mushrooms first, but you can save them to use in a different meal if you wish. We just had tomato and lettuce on hand to top these burgers with, but you can garnish your burgers any way you like.

Place the mushrooms into the skillet that you used to cook the burgers, cooking for around 2-3 minutes per side in the juices from the meat. Plate the mushrooms and add the meat and condiments of your choosing. A bit of steamed broccoli rounded out this particular meal.

**Zone info:** 3 servings at 6 protein blocks, 4 fat blocks (this will vary with your selection of meat), carbs are negligible.

## Calamari Rings

These are versatile, tasty, and quick. I usually use the calamari rings from Trader Joe's. This recipe uses one bag. The seasonings here are just a suggestion; you can alter it a bit based on what you have on hand.

*Time: 8 minutes*

- 1 lb calamari rings
- 3 Tbsp minced shallots
- 2 Tbsp minced ginger
- 2 Tbsp olive oil
- pepper

Place the thawed rings into a pot of boiling water and cook for 2-3 minutes. Mince the shallots and ginger while the rings are cooking. Pour the water and calamari thru a strainer and set aside the strained rings for a moment.

In a skillet, sauté the shallots and ginger in the olive oil for 2-3 minutes, then add the calamari rings and pepper and continue to cook for around one minute more. Be careful not to overcook the calamari rings!

**Zone info:** 2 servings at 5 protein blocks, ~ 9 fat blocks.



## Post-Training Stuffed Squash

*Time: 40 minutes*

- one small acorn squash
- 6-7 oz ground turkey
- 1/2 C chopped pineapple
- paprika

Here is a simple, fairly portable meal that works well to replenish glycogen stores after a good workout. I like to make up several of these at a time, and store them in the fridge for the week ahead.

Cut around the stem end of the squash and remove, much like how you would start if carving a pumpkin. With a spoon, dig out the seeds and pulp. Cut a flat spot on the bottom of the squash, so it will stand up. Place the squash on a baking pan and bake at 400 degrees for 25 minutes.

Meanwhile, brown the ground turkey in a skillet, adding the pineapple and spices. After 25 minutes, remove the squash and fill the cavity with the turkey mixture. Return the squash to the oven for 15 more minutes. Allow to cool before eating!

Many variations are possible. I have tried raisins with cinnamon, applesauce and cinnamon, and chopped dates. One thing to consider here is the fairly high fructose content of these fruits—not what we really want after a workout. That's why I settled on pineapple, as it has a little lower fructose content. Just meat and squash works fine too!

**Zone info:** 1 1/3 lbs of squash = about 6 carb blocks. The pineapple adds one more block of carbohydrate. 1 oz turkey is one protein block.



*Post-Training Stuffed Squash*

## Quick Chicken Curry

Pressed for time, I sometimes make use of curry sauce. Look in better markets for curry sauce that is made from decent ingredients. An alternative is to use coconut milk and a teaspoon of yellow curry paste. You can either use fresh or leftover chicken with this recipe.

*Time: 10 minutes*

- Diced chicken
- 1/2 C chopped onion
- 1/4 C cashews
- 1/4 C curry sauce
- 1 Tbsp olive oil
- 2 C chopped spinach

Sauté the onion in the olive oil until translucent. Add chicken and heat until cooked through. Add the curry sauce and cashews and continue heating for 3-4 minutes. Remove from heat and stir in the spinach.

**Zone info:** Tweak the recipe to match your nutritional requirements. You'll have to check your curry sauce label for its info. 1 oz chicken = 1 block protein. This recipe using Sable and Rosenfeld coconut curry came out to 2.5 carb blocks, 24 fat blocks. (37 g fat).

## Fish n' Salsa

An easy dish combining white fish and green tomatillo salsa.

*Time: 5 min prep, 10-12 min cooking*

- 1 lb cod, catfish, orange roughy, or other white fish
- 7 oz can of salsa verde (I like the Herdez brand)
- 1/2 tsp dried cilantro
- 2 tsp lime juice
- 1/4 tsp coriander

Mix salsa, cilantro, lime juice, and coriander in a bowl. Place the fish into a baking dish and cover with the salsa mix. Bake at 350 degrees for 10-12 minutes, until the fish flakes easily.

**Zone info:** 4 servings at 4 blocks protein, ~ 1/4 block carbs.



## Shredded Chicken and Pesto

This one makes a great fat/protein meal. Scale this recipe to match how much leftover chicken you have available, or increase the amount of chicken for less fat per serving.

*Time: 10-12 minutes*

- 2/3 plus 1/4 C olive oil
- 1/2 C pine nuts
- 1 C pecans
- 4 cloves garlic
- 2 shallots
- 1 oz portabella mushrooms
- 2 C fresh cilantro
- 1 Tbsp dried basil
- 1 lb shredded leftover chicken

Place the nuts, garlic, shallots, and mushrooms into the blender. Add 2/3 cups of olive oil and blend for 3 minutes. Add the cilantro, basil, and the remaining 1/4 cup of olive oil. Continue blending. Add the pesto to the shredded chicken and mix well. Serve and enjoy!

**Zone info:** 4 servings at 4 blocks protein, 51 blocks fat (77 grams).

- 1 cup chopped onion
- 1 cup chopped celery
- 1 1/2 cup beef broth
- 1 Tbsp almond meal
- 1 Tbsp arrowroot powder
- 1 Tbsp dulse flakes (optional)
- 1 Tbsp coconut oil
- 2 cloves crushed garlic
- Fresh ground black pepper

Heat the oil and onion in the pressure cooker, stirring frequently. Once the onions begin to soften, add the beef. Brown the meat, mixing well, for around 5 minutes.

Add all of the remaining ingredients except the garlic and pepper. Close the pressure cooker, then turn the heat to high. Once the cooker is up to pressure, reduce to medium. Cook for 20 minutes. Cool and open the unit, then add the pepper and crushed garlic. Mix well, then serve hot.

**Zone info:** 6 servings at 5 protein blocks, 1 carb block, 15 fat blocks.

## Quick Beef Stew

*Time: 35 minutes*

- 2 lbs beef for stew
- 4 cups chopped purple top turnips



*Quick Beef Stew*

# vegetables & sides

## Afghan Sweet Pumpkin

*Time: 45 minutes*

- 2 lb pumpkin or Hubbard squash
- 1 Tbsp olive oil
- 1 cup water
- 1/2 cup tomato sauce
- 1/4 cup unsweetened applesauce
- 3 cloves crushed garlic
- 1 Tbsp coriander
- 1/2 tsp grated ginger
- sea salt and pepper to taste

Halve, seed, and peel the pumpkin. Chop it into cubes, then sauté it with the olive oil in a large skillet over

medium heat. Sauté for around 10 minutes, tossing occasionally, until the pumpkin is lightly browned.

Meanwhile, prepare the sauce. Mix all of the remaining ingredients in a bowl. Add to the pumpkin, reduce the heat to low, and simmer for 30 minutes. The sauce will thicken. Serve warm.

As an option, this is traditionally served over a yogurt sauce. If you want to try it this way, find some non-dairy plain coconut yogurt, and crush one clove of garlic into it. Mix well, spread the sauce on a plate, then top with the pumpkin.

**Zone info:** (not including yogurt) 4 servings at 1.25 carb blocks, 2.25 fat blocks.



*Afghan Sweet Pumpkin*

## Nutty Cabbage

*Time: 30 minutes*

- 1/2 large head of cabbage, shredded (about 10 cups)
- 1 Tbsp roasted hazelnut oil
- 1/2 cup chopped onions
- 1/4 cup apple cider vinegar
- 1/4 cup blanched almonds
- 1 Tbsp unsweetened applesauce
- 1 Tbsp sesame seeds
- sea salt and fresh ground pepper to taste

Heat a burner to medium, then use a large skillet

to sauté the onions in the oil. Meanwhile, shred the cabbage by slicing it thinly. After the onions begin to soften, add all of the cabbage to the skillet, along with the vinegar. Cover and reduce the heat to medium-low. Cook for 20 minutes, mixing occasionally. Add the remaining ingredients and cook 5 minutes longer. Serve warm or chilled.

**Zone info:** 4 servings at 1.25 carb blocks, 4.3 fat blocks.

## Squash 'n Pepper Hash

This is great at breakfast time, post training, or anytime! You can use many different seasoning options with this recipe to suit your tastes.

*Time: 25 minutes*

- 1 small acorn squash (about 4 cups cubed)
- 1 1/3 cups chopped onion
- 2 sweet chocolate peppers or pasilla peppers
- 2 Tbsp olive oil
- sea salt and pepper to taste

Peel, halve, and seed the squash. (I usually don't bother with peeling the squash, but you can if you like.) Chop the onion. Seed, stem, and chop the peppers.

Heat the olive oil in a large skillet over medium heat. (You can adjust the oil to meet your fat block needs). Add the squash, onion, and peppers. Sauté, turning often, for around 20 minutes. Season with sea salt and fresh ground pepper.

**Zone info:** 2 servings at 4 carb blocks, 9.25 fat blocks.



*Squash n' Pepper Hash*

## Carrot Jubilee

*Time: 12 minutes*

- 1 lb baby carrots
- 1/2 cup water
- 1 cup diced tomatoes
- 1 Tbsp olive oil
- 1/4 cup unsweetened applesauce
- 1 Tbsp Dijon mustard
- sea salt and pepper to taste

Simmer the carrots in the water over medium heat for 5 minutes. Add the tomatoes and continue to cook for 5 minutes more. Add the remaining ingredients, mix, and then cook for 3 minutes. Serve hot.

**Zone info:** 4 servings at 1.25 carb blocks, 2.3 fat blocks.



*Carrot Jubilee*

## "Creamed" Spinach

*Time: 3 minutes, 20 minutes cooking*

- 12 oz bag of spinach
- 1 cup coconut milk
- sea salt
- coconut oil

Pre-heat the oven to 250 degrees. Grease a baking dish with a bit of coconut oil. Dump the bag of spinach into the dish, then pour the coconut milk over the spinach. Add salt to taste, then bake for 20 minutes, or until the spinach is tender. Serve warm or chilled.

**Zone info:** 2 servings at ~1/3 carb blocks, 16 fat blocks.



## Gingered Cucumbers

*Time: 5-7 minutes prep; 2-3 hours chilling time*

- 2 cucumbers
- 1 tsp sea salt
- 3 Tbsp apple cider vinegar
- 1-2 tsp grated fresh ginger

Peel the cucumbers, then run a fork lengthwise down the surface of the cucumbers so that they will have a fluted look when sliced. Cut the cucumbers into thin slices, around 1/8" thick. Place in a bowl, sprinkle with sea salt, then mix well. Let stand 30 minutes, then drain off the liquid.

Add the vinegar and grated ginger, mix well. Refrigerate for 2-3 hours before serving.

**Zone info:** 4 servings at ~ 1/2 carb block. (this might vary depending on the size of your cucumbers).

## Grilled Veggie Skewers

*Time: 10-15 minutes*

Quick and easy. Use veggies of your choice. Here is an example:

- bamboo skewers
- zucchini
- red bell pepper
- red onion



*Grilled Veggie Skewers*

Chop the veggies into slices that will fit on the skewers. Arrange in alternating fashion on the skewers. Place on the grill, turning often, until the veggies are soft. Serve warm.

**Zone info:** This will vary based on your veggies, but one skewer will be usually only a fraction of a carb block.

## Red Cabbage Slaw

Here is a basic recipe for a red cabbage slaw, and then three different ways to use it. Use what you have on hand if you don't have the exact ingredients used here.

A food chopper will save tons of time. Consider investing in a good one, it will be well worth the price.

### Slaw:

*Time: 7 minutes*

- 4 1/2 cups diced red cabbage
- 1 cup diced celery
- 1 cup diced carrots
- 1/3 cup chopped cilantro
- 1 Tbsp oregano
- 2 Tbsp lime juice

Chop the veggies, and then toss in a bowl.

### Option 1: Slaw sauté

*Time: 8 minutes*

- slaw, as prepared above
- 1/4 cup chopped bacon ends (nitrate free)
- 1/2 tsp red pepper flakes

In a large skillet, heat the bacon ends over medium heat. Once the bacon has cooked and become soft, add the slaw and red pepper flakes. Sauté, tossing often, until the veggies begin to soften. Serve as a side dish.

**Zone info:** 2 servings at - 2.5 carb blocks, 1.5 protein blocks, 11 fat blocks

### Option 2: Top with Tuna

*Time: 5 minutes*

- Slaw sauté, as prepared above
- 2 - 6 oz. cans no salt added tuna

- 3 Tbsp capers
- 1 tsp Dijon mustard
- 1/4 tsp horseradish

Combine the tuna, capers, Dijon, and horseradish in a small pan. Heat and mix until warm, then serve as a topping over the slaw sauté.

**Zone info (tuna portion only):** 2 servings at - 10 protein blocks, 1 fat block

### Option 3: Slaw with Dill

*Time: 5 minutes*

- basic slaw recipe (as above, but not sautéed')
- olive oil mayonnaise (see recipe in this book), but use lime juice instead of lemon juice)
- 1/2 tsp dill weed
- 1/4 tsp mustard powder
- 1/4 tsp dill seed
- 1/4 tsp onion powder

Combine slaw, mayonnaise, and spices in a bowl; mix well. Add the mayonnaise in an amount that will satisfy your fat needs. One tablespoon will be about 8 fat blocks.

**Zone info:** Slaw as above, adjust fat as needed.

## Indian Style Slaw

Here is an easy, cheap veggie idea. If you use a bag of ready-made broccoli slaw, you can really save time. Tomatoes are optional. Though this is a stand-alone veggie dish, you could add some leftover meat to this for a complete meal.



*Indian Style Slaw*

*Time: 8 minutes*

- 1 bag broccoli slaw
- 1 cup fresh diced tomatoes (optional)
- 1 Tbsp olive oil
- 1 tsp mustard seeds
- 1 tsp cumin
- 1/4 tsp turmeric
- 2 Tbsp lemon juice

Heat 1 Tbsp of olive oil over medium heat in a skillet; add 1 tsp of mustard seeds. Cover and cook until the seeds stop popping. Next, add the whole bag of slaw, the tomatoes (if using), plus 1 tsp cumin and 1/4 tsp of turmeric. Sauté for 3-5 minutes, tossing occasionally, until the slaw is soft. Add 2 Tbsp of lemon juice. Stir and serve.

**Zone info:** 2 servings at - 1.5 carb blocks, 4.5 fat blocks.

## Kale & Parsnips with Citrus

*Time: 20 minutes*

- 5 cups red kale
- 1 parsnip, diced
- 1 Tbsp olive oil
- zest of one small orange
- 2 wedges of the orange
- 1 tsp orange Muscat champagne vinegar (optional)

Chop the kale and dice the parsnips. Sauté the kale and parsnips in a large skillet over medium heat, tossing often. Zest the orange; add the zest to the skillet. A quality zester or grater will make life easier here!



*Kale & Parsnips with Citrus*

Squeeze the juice of two wedges of the orange into the skillet as well, and add the vinegar, if using. Cover and reduce heat to low. Cook for around 15 minutes more, mixing frequently, or until the parsnips are soft.

Orange Muscat champagne vinegar is available at Trader Joe's. You could also use apple cider vinegar in this recipe instead.

**Zone info:** 2 servings at ~3 carb blocks, 3 fat blocks.

## Indian Style Green Beans

*Time: 25 minutes*

- 1 1/2 lb Green Beans
- 1/3 cup water
- 5 cloves garlic
- 1 tbsp lemon juice
- 1/4 tsp cayenne
- 1/3 cup olive oil
- 1/2 tsp cumin powder

Cut the ends off of the green beans. Heat the oil in a 10-inch skillet over medium heat. Add cumin powder and stir for 4 seconds. Add the beans and stir until coated with oil.

Mix the water, lemon juice, crushed garlic, and cayenne pepper in a bowl; mix well. Add this mix to the skillet, stir, cover, and reduce heat to low. Cook for 20 minutes or until beans are just tender.

(Optional) Separately, brown some ground meat in a skillet w/curry powder. Add 1/2 can coconut milk. Top the beans with the curried meat for a complete meal.

**Zone info:** 3 servings at 1 carb block, 15 fat blocks.

## Broccoli with Cream Sauce

*Time: 5 minutes for sauce, 15 minutes total*

This is quick and easy. It will taste somewhat like the cheese sauce typically served with broccoli.

- 6-8 cups broccoli florets
- 2 Tbs Dijon mustard
- 2 Tbs olive oil (preferable) or canola mayonnaise
- 2 Tbs coconut milk
- 1 tsp thyme
- 1 tsp onion powder

Steam the broccoli, or cook in a pressure cooker to save time.

Warm all of the sauce ingredients in a small saucepan, mixing well. Spread the sauce over the broccoli before serving.

**Zone info:** 2 servings at 3 carb blocks, 6.5 fat blocks.

## Quick Cooked Veggies

*Time: 5 minutes*

- Veggie of your choice (broccoli or cauliflower, for example)
- 1/4 cup water

Add veggies and water to the pressure cooker. Close the lid and heat over high until the unit is up to pressure. Immediately transfer to another element set to medium and cook for 3 minutes (This is to prevent overcooking). Quickly cool the pot under cold running water until the pressure releases. Open and serve.

**Zone info:** this will depend on which veggies you have chosen, of course!

## Balsamic & Fig Glazed Beets

This recipe makes a great Holiday side dish. We are bringing this one to our family gatherings this year.

*Time: 10 minutes prep, 1 hour cooking*



*Balsamic & Fig Glazed Beets*



- 7-9 beets
- 4-6 figs
- 1 1/2 cups water
- 1/3 cup Balsamic vinegar
- 2 Tbsp coconut oil

Remove the stems from the beets, then save this delicious vegetable for use in a salad or stir-fry. Peel the beets, then chop them into small squares. Add the beets to a pot, along with the water, vinegar, and coconut oil. Crush the figs, then add them as well.

Bring the pot to a boil, then reduce the heat to medium. Simmer uncovered for one hour, or until the beets are tender.

**Zone info:** 6 servings at 2 carb blocks, 3 fat blocks.

## Cauliflower with Black Olive Vinaigrette

*Time: 12 minutes prep, 30 minutes cooking*

- 1 medium head of cauliflower (6 cups)
- 4 Tbsp olive oil (divided)
- 1/4 cup sliced kalamata olives
- 2 Tbsp minced parsley
- 1 Tbsp pine nuts
- 1 Tbsp red wine vinegar
- 2 cloves garlic, minced
- 1/4 tsp red pepper flakes
- black pepper to taste

Cut the cauliflower into medium pieces, then place



*Cauliflower with Black Olive Vinaigrette*

into a roasting pan. Add 1 Tbsp of olive oil, toss well to coat the cauliflower. Place into an oven preheated to 350 degrees, roast for around 30 minutes, or until soft. Be sure to turn the pieces several times as they roast.

Meanwhile, prepare the vinaigrette in a medium bowl. Add all of the remaining ingredients to the bowl, mix. Once the cauliflower is done, allow it to cool. Add to the bowl and toss well. Enjoy!

**Zone info:** 2 servings at 1.5 carb blocks, 22 fat blocks. Note: those eating lighter can reduce the olive oil to meet their fat block needs.

## Cabbage & Bacon

Here is a quick way to prepare some veggies that you can have on hand for several meals. This is surprisingly tasty—several friends of mine who rarely ever touch the green stuff loved it. See if you can win over some veggie-phobic friends...

*Time: 5 minutes prep, 1 hour cooking*

- 1 head green cabbage (~8 cups)
- 2 slices bacon (nitrate free)

Chop the bacon into small pieces, then fry in a large skillet over medium heat. While the bacon browns some, chop the cabbage into medium chunks. No need to shred it very finely.

Once the bacon has browned some, add all of the cabbage. Cover the skillet and cook over medium low for 1 hour, tossing the cabbage occasionally. Serve some warm, then save the rest for later. This ends up being pretty good served cold!

**Zone info:** 4 servings at 2 carb blocks, 2 fat blocks.

## Indian Spiced Sweet Potatoes

Here is another idea for preparing sweet potatoes to eat in the post workout window. Make a big batch to last the whole week!

*Time: 20 minutes*

- 1 large sweet potato
- 1/4 C chopped onions
- 1/4 C chopped tomato
- 1/4 C chopped parsley
- 1 chopped green chile



*Indian Spiced Sweet Potatoes*

- 1 tsp olive oil
- 1/2 tsp cumin
- 1/2 tsp turmeric
- 1/4 tsp coriander
- 1/4 tsp chili powder
- 1 Tbsp dijon mustard
- pepper to taste

Cube the sweet potato, then add the potato cubes to a pot of boiling water. Boil for 10 minutes, then drain the water. Set the potatoes aside.

Meanwhile, sauté the onion, chile, and parsley with the olive oil. After several minutes, add the spices. Mix well, continuing to sauté until the onions are soft and the spices have infused. Add the potatoes, mustard, and around 1/8 cup of water. Stir well, heating for a few minutes. Serve the potatoes with some lean protein, then save the rest for later!

**Zone info:** 3 servings at 4 carb blocks, 1 fat block.

## Kale with Hoisin Sauce

The Hoisin sauce adds a Middle Eastern flavor to this basic veggie dish. Look for a wheat-free sauce.

*Time: 15 minutes*

- 1 bunch kale
- 1 shallot, sliced
- 3 Tbsp wheat free Hoisin sauce
- 1 Tbsp olive oil



*Kale with Hoisin Sauce*

Remove the tough stems from the kale, then chop the leaves well. Sauté the shallots in the olive oil over medium heat for around one minute, then add the chopped kale. Cover and continue to sauté, mixing often, for 3 to 4 more minutes. Add the Hoisin sauce, toss well, and cook 2 to 3 minutes longer. Serve hot.

**Zone info:** 2 servings at 1/2 carb block, 4 1/2 fat blocks (use an appropriate quantity of oil to meet your fat requirements).

## Quick Spinach

*Time: 4-5 minutes*

- 1 bag spinach leaves
- 1 tsp olive oil
- 1 tsp toasted sesame oil
- 1/2 Tbsp sliced garlic
- 1/2 Tbsp dried onion
- 1 tsp thyme
- pepper

Heat the oil in a large skillet. Add the garlic and seasonings, sauté for 1 minute. Add half of the spinach, mix well, then continue to add the remaining spinach. Cook until partially wilted; don't over do it.

**Zone info:** 1 serving at - 1/2 carb block, 6 fat blocks (use an appropriate quantity of oil to meet your fat requirements).



# Sautéed Zucchini

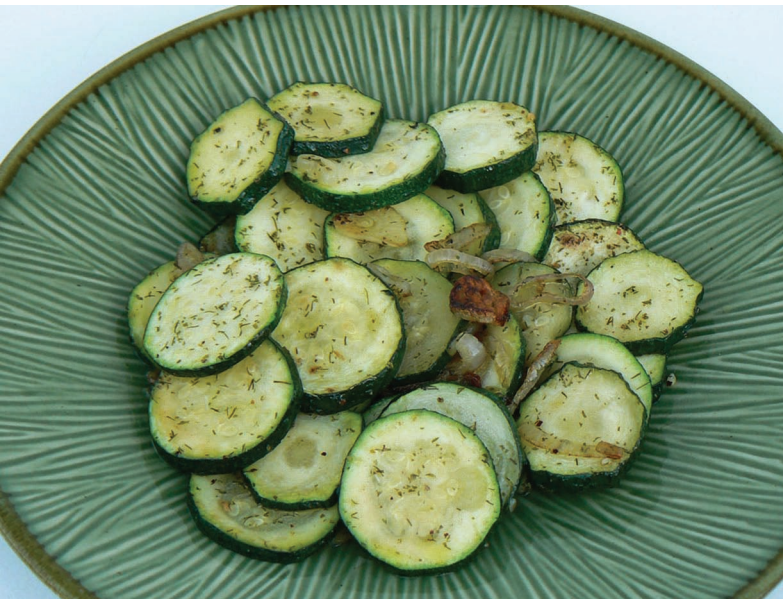
Time: 15 minutes

- 2 small zucchini
- 1/4 C either sliced shallots or red onion
- 2 cloves garlic, sliced
- 2 Tbsp olive oil
- Dill
- pepper

Slice the zucchini crosswise into small discs about 1/4 inch thick. Slice the shallots or onion and garlic.

Sauté all of the ingredients together in a medium pan with the olive oil. Add dill and pepper to taste. Stir and turn often, cooking for 5 to 7 minutes. Try not to allow too much browning. Enjoy warm, or use leftovers in salads.

**Zone info:** 2 servings at 1 carb block, 9 fat blocks (use an appropriate quantity of oil to meet your fat requirements).



Sautéed Zucchini

# Root Vegetable Hash

Here is a good post-training carb/protein meal. Make a large batch and refrigerate it so you have it on hand when you need it.

Time: 10 min prep, 45 min cooking

- 1 1/2 C chopped turnips
- 1 1/4 C chopped parsnips
- 1 3/4 C chopped yams

- 1/2 C chopped onions
- 2 tsp olive oil
- Rosemary
- garlic powder
- Leftover turkey, shredded

Combine all ingredients except the turkey into a baking casserole dish. Toss to coat with the oil and bake covered at 350 degrees for 35 minutes. Stir occasionally. Add the turkey and bake for 10 minutes longer. If you are preparing this to eat later, you can skip this step and just add the meat when you are ready to eat.

**Zone info:** 2 servings at 6.5 carb blocks, 3 fat blocks. 1 oz turkey = 1 protein block.

# Brussels Sprouts & Pecans

Time: 15 minutes

- 3 C brussels sprouts
- 1/2 C chopped onion
- 1/4 C chopped pecans
- 2 slices bacon, cut into small pieces
- 1 Tbsp olive oil
- 2 Tbsp apple cider vinegar

Cut the stem ends off of the Brussels sprouts, then quarter them lengthwise. In a large skillet, sauté the Brussels sprouts, onion, and bacon in the olive oil. Cook until the bacon is done and the onion soft, around 10 minutes. Add the pecans and the apple cider vinegar, and sauté for around two minutes more; the vinegar should have formed a glaze. Serve warm.

**Zone info:** 2 servings at 2.5 carb blocks, .5 protein blocks, 10.5 fat blocks.



Brussels Sprouts & Pecans



# Spanish “Rice”

*Time: 25 minutes prep, 30 minutes bake time*

- 6 C cauliflower florets
- 3/4 C Mexican picante sauce
- 2 cloves chopped garlic
- 1 tsp dried onion flakes
- 1/2 tsp red pepper flakes

You can imitate rice pretty well by using cauliflower—the key is in the consistency of the steamed vegetable. Place the cauliflower in a steamer and cook until just beginning to soften. You want it to still have a little crunch. Transfer to a chopping board, then use a food chopper to chop the cauliflower into small rice-like bits. Lacking a good food chopper, you can try mashing it with a sturdy fork or potato masher. Add the picante sauce, garlic, and spices. Mix well. Bake at 350 degrees for 30 minutes. Use a slotted spoon to dish up your “rice” to allow any liquid to drain.

This can easily become a complete meal by adding your choice of meat, and rounding out your fat requirements with olive oil.

**Zone info:** 2 servings at 2 carb blocks.

# appetizers & snacks

## Steak Rolls

I got this idea from an old 1930s cookbook that I found in my attic while cleaning. These make for tasty snacks!

*Time: 10 minutes*

- 1/2 lb top round steak, sliced thin (grassfed preferred)
- bacon (nitrate free)
- Baby dill pickles (check the label to avoid added sugars)

First, have the meat department slice the meat for you. Tell them to cut it into 1/4" strips for making jerky. This will save you a bit of time later!

Take a pickle, and wrap it with a strip of beef, then with a strip of bacon. Push a toothpick thru the wrap to hold it together, and set it on a roasting pan. Continue until all of your pickles are rolled.

Put the roasting pan under the broiler for about 3 minutes, then turn the rolls and broil for 3-4 minutes more. Watch the rolls carefully during this process, as they can burn quickly! The meat will absorb some of the dill flavor from the pickles.

**Zone info:** This will be variable. Carb content negligible, ~1 protein block per roll, ~ 9 fat blocks.

## Veggie Coconut Milk Shake

I sometimes make use of coconut milk shakes to either get in a quick meal, or to take along on trips. They can be a great way to get in extra calories for those looking to gain weight. As I lean toward low-carb eating thru the winter months, I drop the berries or other fruits often used in these shakes and replace them with vegetables for extra nutrients and fiber. I'll provide a few different options for these shakes, and you can always modify the recipes to suit your tastes.

*Time: 3 minutes*

- 1/2 can coconut milk
- 1 small zucchini, chopped
- handful of veggie stems (optional, see notes below)
- 1 tbsp olive oil



*Steak Rolls*

- 1 tsp cocoa powder
- 1 scoop of egg white protein powder
- cinnamon
- water to thin

Toss all of the ingredients to the blender, then chop and blend. Add water to thin to a smooth consistency.

You can add many other things to these shakes. I'll often add a raw egg or two, raw cauliflower, or even a bit of cooked squash. Avocados are great, too. Some might like to add fresh ground flaxseeds. Adding the veggie stems is a great idea I got from pro kiteboarder Renee Hanks. Just add a few leftover stems from cilantro, parsley, kale, or the like- stuff you'd normally throw out. If you keep them to a minimum, your shake will still taste like chocolate and not like the vegetables.

If I have some leftover meat, I'll often nix the protein powder and up the cocoa to compensate. I eat the meat separately, then wash it down with the shake.

Experiment and add your own twist to the shake.

**Zone info:** (if prepared as above) 1 serving at 1 carb block, 3 protein blocks, 33 fat blocks.

## Sweet Potato Pie

*Time: 1 hour*

- 12 oz yams
- 12 oz sweet potatoes
- 1/2 cup coconut milk
- 1/4 cup cashew butter (or other nut butter except peanut butter)
- 3 tsp cinnamon
- 2 tsp balsamic vinegar
- 1 1/2 tsp ginger
- 1 1/2 tsp nutmeg
- 1 tsp cardamon
- 1 tsp cloves
- 2 eggs

Preheat the oven to 350 degrees. Peel and chop the yams and sweet potatoes into cubes. Boil the yams and potatoes in water until soft; around 10 to 15 minutes. Drain the water, then mash well and add the coconut milk, nut butter, vinegar, and spices. Mix, then add the eggs. Continue mixing until the pie is uniform and smooth.

Grease a 6-inch baking dish with coconut oil. Pour the pie mix into the dish, then bake for 30-35 minutes. Allow to cool, then cut into squares and serve. This



*Sweet Potatoe Pie*

can be prepared a day ahead of time, and you can serve it cold.

Some options: Sprinkle the top with cinnamon, nutmeg, and ginger. Top with pecans.

**Zone info:** 6 servings at 3.5 carb blocks, 0.3 protein blocks, 8 fat blocks (12 grams).

## Deli Meat Rollups

Nothing fancy here, and not the most optimal of Paleo choices, but great on a budget or in a pinch. These pack easily in small containers for lunch. They can also be a kid-friendly snack.

*Time: 3-5 minutes*

- 6 slices of turkey deli meat
- 1 can chunk light tuna (preferably no salt added)
- Veggie or condiment of choice (see below)

Lay the sliced deli meat out flat, place a line of tuna down the center. Add condiments. Roll up and eat!

Many choices for condiments—try your favorites. Avoid sugary condiments! Some I like are homemade relish or sweet pickles, Dijon mustard, olive oil mayo, and even coleslaw.

**Zone info:** this will vary, but the above with pickles will be 2 servings at 4 blocks protein; carbs negligible.



## Squash Fries

Do you occasionally miss French fries? If so, here is a simple way to come pretty close, and still stay healthy. I got this idea from Art Devany's blog, and recently tried it out on my annual trip to the mountains.

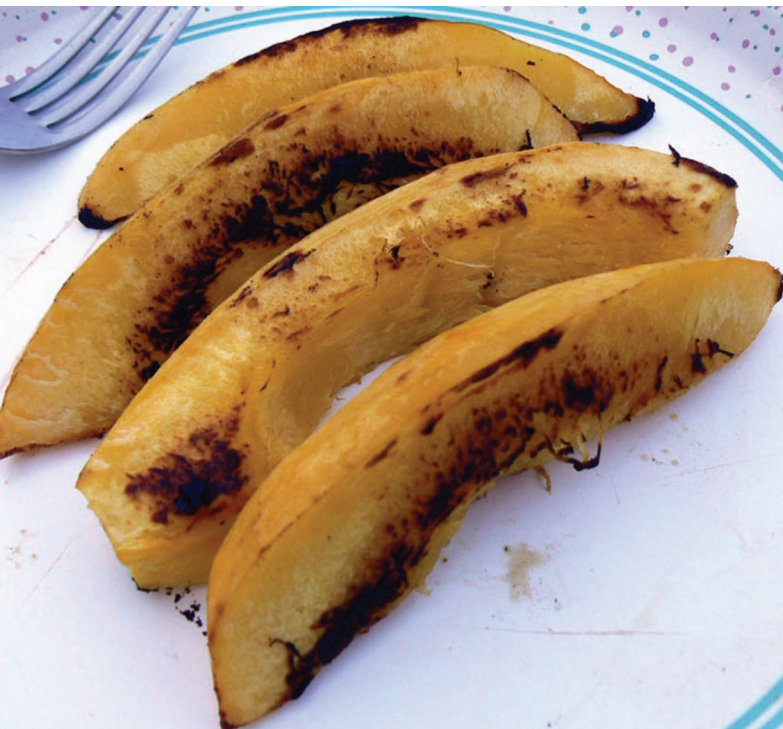
*Time: 10 minutes*

- Acorn squash
- Olive oil

Cut an acorn squash in half lengthwise, then dig out the seeds. Cut into wedges about 1 inch thick. Peel the wedges with a potato peeler (I did this part at home, then I put the wedges into a ziplock bag to take on my trip.). You can grill these, or roast them in a pan. Brush the squash with olive oil, then place on the grill or in a pan. Turn frequently, until the squash is soft. Serve hot.

You can also spice these up any way that you like: chili powder or cajun spices would be a good place to start.

**Zone info:** 1 cup acorn squash fries will be 1.4 carb blocks, ~ 2 fat blocks.



*Squash Fries*

## Bacon Wrapped Figs

When figs are in season, this is a tasty snack that you can whip up easily. This version uses the oven, but you can also grill these on a barbecue. If you choose this route, they will cook much faster, so be sure to keep an eye on them.

*Time: 40 minutes*

- 12 figs
- 6 strips of bacon (nitrate free)
- 12 pecans

Preheat the oven to 350 degrees. Cut a slit down the side of each fig, and stuff with a pecan. Slice each strip of bacon lengthwise. Wrap each fig with a slice of bacon, starting at the top and spiraling it down. Secure with a toothpick.

Lightly coat a baking sheet with olive oil, then arrange the figs on it. Bake for around 30 minutes, until the bacon has cooked. These are great served warm, but are also good when chilled.

**Zone info:** 6 servings at 1.5 carb blocks, 2 fat blocks.



*Bacon Wrapped Figs*

## Pork & Lettuce Rolls

Here is a simple way to enjoy some leftover meat. This works well as a snack, as it is very portable. You will find wheat-free tamari sauce and fish sauce in the Asian section of your favorite market.

*Time: 20 minutes*

- ~6 oz leftover pork
- 1/4 C chopped mushrooms
- 1/4 C chopped water chestnuts
- 3 chopped green onions
- 1 Tbsp olive oil
- 2 tsp tamari sauce
- 1 tsp fish sauce
- 1 tsp sesame oil
- large lettuce leaves

Sauté the leftover pork in a skillet with the olive oil. Add all of the remaining ingredients except the lettuce, then cook for 2-3 minutes more. Remove from heat, then heap 1 to 2 spoonfuls in each leaf of lettuce. Fold in the ends and sides, then roll tightly.

**Zone info:** 2 servings at 3 blocks protein, ~1/2 block carb.

## Stuffed Mushrooms

*Time: 45 minutes*

- 20 large white mushroom caps
- 1/2 C chopped mushroom stems
- 1/4 C chopped onion
- 2 cloves garlic, minced
- 3 Tbsp marinara sauce
- 1 sun dried tomato, chopped
- 2 tsp dried basil
- 6 oz leftover turkey, shredded finely
- 3 Tbsp pine nuts



*Stuffed Mushrooms*

Remove the stems from the mushrooms by applying sideways pressure until they break off at the base. Chop the stems, then set them aside for later use.

Apply a bit of olive oil to a baking pan, then bake the mushroom caps open side up for around 7 minutes at 350 degrees.

Meanwhile, heat a small saucepan and add 2 tsp of olive oil. Sauté the onions and garlic for 2 minutes, then add the chopped mushroom stems and sun dried tomato. Once the mushrooms have browned slightly and become soft, add the marinara sauce, basil and turkey. Mix well and simmer on low.

Remove the mushrooms from the oven. They will have shrunk some, and will be filled with water. Carefully pick up each mushroom, dump out the water, then return them to the baking sheet. Spoon some of the turkey mixture into each mushroom cap and top with the pine nuts.

Return the stuffed mushrooms to the oven and bake for around 7 minutes longer. They can be served warm, or chill them in the refrigerator and serve them later.

**Zone info:** 10 servings at: 1/2 block protein, negligible carbs and fat.

# saucers & toppings

## Blackberry Chipotle Sauce

*Time: 20 minutes*

Here is an easy recipe for a delicious sauce. It can be used in numerous ways: a topping for meat or fish, as a dipping sauce, or invent your own use. This recipe is for a small batch, you may wish to double or triple it.

- 1/3 cup minced onion
- 2 tsp olive oil
- 1 clove of garlic, minced
- 1/2 tsp crushed chipotle chili pepper
- 1/3 cup blackberries
- 2 Tbsp red wine
- 2 tsp apple cider vinegar

Grab a small saucepan. Over medium heat, saute the onion, garlic, and chipotle in the olive oil. Continue until the onions have become soft. Add the blackberries and wine, reduce the heat to medium low, and cook for around 10 minutes more. Transfer the mixture to a blender, puree, then return to the saucepan. Add the apple cider vinegar, mix, and heat until the mixture thickens. Use the sauce at once, or transfer to a jar for future use.

**Zone info:** Recipe totals 1 carb block, 6 fat blocks.

## Creamy Tuna Topping

Here is a quick way to spice up some leftover or pre-

cooked chicken, and up the protein and fat content for the hard training athlete!

*Time: 3 minutes*

- 1/3 cup of olive oil or other mayonnaise
- 1 5 oz. can of tuna, drained
- capers
- leftover or pre-cooked chicken breast

To make the olive oil mayo, see the recipe in this book. You also can use any other store bought mayo of your choice, but be aware that the omega-6 fat content will be much higher.

Add the mayo and tuna to a blender. Puree the mix, then spread over the chicken. Top with capers. Quick and easy!

You could use this topping for many other foods, or add other seasonings. You also could heat the chicken and tuna topping if you like.

**Zone info:** the topping comes in at 3 servings at ~1.6 blocks protein, 13 blocks fat. The chicken will be 1 block of protein per ounce.

## Sun Dried Tomato Bruschetta

*Time: 5 minutes*

Bruschetta is a tasty topping made from an olive base.



You can whip it up quickly with a small food processor. Historically, bruschetta was made from bread, but thankfully this is not necessary. Use your bruschetta to top eggs, meat, or veggie dishes. This is a great way to add some extra healthy fat to your meals.

- 1/2 cup sun dried tomatoes in olive oil (Trader Joe's)
- 1/2 cup black olives
- 1/2 cup green olives
- 2 cloves crushed garlic
- 1 Tbsp red wine vinegar
- Olive oil, if needed

Add all of the ingredients to a food processor. Chop on low until all ingredients are mixed well. Add some olive oil if the mixture is too thick. The sun dried tomatoes that I used contained plenty of olive oil, so I didn't have to add any. Spoon your bruschetta into a jar; store it in the 'fridge.

**Zone info:** 6 servings at 1/4 cup each: .5 carb blocks, 5 fat blocks (without added olive oil).

## Applesauce

Homemade applesauce can be a great way to use all those apples that you might have growing on a tree in your yard. I'll share a basic recipe that we use, and some favorite variations.

Start by cutting your apples in half, and then removing the core and stems. Slice the apples into small pieces. We usually like to leave the skins on for some additional nutrients and fiber, but you can also peel the apples if you prefer a more traditional applesauce or plan to use it as a sugar substitute.

Place about 1/4 inch of water in the bottom of a large pot, then add the apple pieces. Add any spices or other fruits (see recipe variations below), then cover and boil over medium heat for around 30 minutes. The apples should be soft.

Mash well with a potato masher, and it's done. Serve warm, or transfer the applesauce to jars for storage in the refrigerator.

Some variations:

- Add 6 cinnamon sticks and 2 Tbsp of cinnamon powder before boiling for cinnamon applesauce. Remove the sticks before storage.
- Pick fresh blackberries, then add to the apples in 1:4 ratio. Blackberry applesauce!

- Peel and mince 2-3 tablespoons of fresh ginger for ginger applesauce.

**Zone info:** 1 cup applesauce = 3 carb blocks.

## Tomato Basil Dressing

*Time: 5 minutes*

- 1/4 cup white wine vinegar
- 1/4 cup tomato sauce
- 1 1/2 Tbs olive oil
- 1 Tbs dried basil
- 1 Tbs chopped sun dried tomatoes
- pepper

Mix all of the ingredients in a small bowl. Store the unused portion in a jar. Paleo purists can substitute lemon juice for the vinegar. If you do this, use a little less than 1/4 cup of lemon juice and add a bit more tomato sauce. You can easily double this recipe if you'd like to have more dressing on hand.

**Zone info:** 4 servings at 3 1/2 fat blocks.

## Mayonnaise

If you want to avoid the omega-6 heavy canola mayonnaise found in your local market, you'll have to make your own. Thankfully, it's quick and easy. This mayo will keep for about a week in the refrigerator, so whip up about a week's worth and enjoy.

I used some coconut oil to balance the strong flavor of the olive oil, about half of each. I actually like the taste of mayonnaise made with all olive oil, but for many this will be too strong. Blend the oils to your taste. Walnut oil in place of coconut oil will work also.

*Time: 8 minutes*

- 1/3 cup olive oil/coconut oil mix (see above)
- 1 raw omega-3 egg
- 1/2 tsp mustard powder
- dash of cayenne
- 1 tsp lemon juice

Crack the whole egg into a blender. Add the spices, lemon juice and 3 tablespoons of oil, blending continuously. Add more oil every minute on the minute for 5 minutes, making sure oil is all used up at the end of the 5th minute (It is really important to slowly add your oil to make the mayonnaise creamy). The mixture

will slowly thicken as you add the oil. You can add a bit more oil if you need to thicken the mixture more. Add a dash of warm water if the mixture is too thick. Pour the mayonnaise into a container for storage.

You can spice this mayo up however you choose. I like to add cumin and chili powder for a spicy Mexican dish. Or add curry and turmeric for an Indian flair.

**Zone info:** 1 Tbs = 9 fat blocks.

## Creamy Dill Dressing

*Time: 8 minutes*

- 1/4 cup mayonnaise (see recipe above)
- 1/4 cup coconut milk
- 2 Tbs Dijon mustard
- 2 Tbs capers
- 1 Tbs dried dill (or 2-3 sprigs chopped fresh)
- pepper to taste

Combine all ingredients in a food processor or blender and mix well.

**Zone info:** Recipe totals ~ 38 fat blocks. 1 Tbs will be around 5 1/2 fat blocks.

## Spicy Fennel Dressing

*Time: 5 minutes*

- 1 tsp fennel seeds
- 1/2 tsp dried parsley
- 1/4 tsp sage
- 1/4 tsp red chili pepper
- black pepper
- 1 Tbs olive oil
- 1/2 Tbs balsamic vinegar

Add all of the ingredients to your salad bowl. Add veggies of choice, toss well to coat with the dressing.

**Zone info:** 1 serving at 9 blocks fat.

## Tapenade

This is a simple, quick, homemade version of tapenade. This allows you to avoid the canola oil that all pre-made versions seem to come with.

*Time: 10 minutes*

- 6 oz black olives (1 can)
- 1/2 C pimento stuffed green olives
- 2 Tbsp capers
- 1/2 tsp red wine vinegar
- 1/2 tsp fennel seed
- 1/4 tsp mustard powder
- 2 Tbsp olive oil

Place all of the ingredients except the olive oil into a food processor. Chop finely, but not excessively. Place the tapenade into a jar, add the olive oil, and mix. Store in the fridge, then enjoy on eggs, veggies, stir fries, and more.

**Zone info:** Whole recipe yields - 38 fat blocks (57 grams), 1 carb block.

# desserts

## Chocolate Almond Milk

Quick and easy. It's tasty for breakfast along with a good hunk of protein! Even though this one is primarily fat, I wouldn't suggest making this a staple in your diet. New research shows that liquid meals cause a greater insulin release than the same meal in solid form.



*Chocolate Almond Milk*

*Time: 5 minutes*

- 1 1/2 cups water
- 1/2 cup almonds
- 1 Tbsp carob powder or unsweetened cocoa powder
- 2 tsp either real maple syrup or honey

Soak the almonds in water overnight. Drain the water and rinse the almonds. Transfer the almonds to a blender; add the remaining ingredients. Blend on low until the nuts are well chopped, then increase the speed to liquefy. Blend for 2 minutes, then pour into a glass and serve.

**Zone info:** 2 servings at .5 carb block, 12.5 fat blocks.

## Chocolate Pudding

*Time: 12 minutes*

- 1 can coconut milk
- 1/4 cup tapioca
- 2 squares unsweetened baking chocolate
- 1 Tbsp Turbinado sugar

Combine the tapioca and coconut milk in a small pan. Heat over medium-low, stirring, for 8 minutes. Add the chocolate and sugar, stir until melted. Serve either warm or chilled.

**Zone info:** 4 servings at 1 carb block, 17 fat blocks.



# Carrot Cake Muffins

Time: 40 minutes

- 5 egg whites
- 1/2 tsp cream of tartar
- 2 cups shredded carrots
- 1 cup shredded green cabbage
- 1/2 cup unsweetened applesauce
- 1/2 cup coconut oil
- 1/2 cup ground almonds
- 1 cup coconut shreds
- 1/2 cup tapioca flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 cup chopped pecans
- 1 Tbsp real maple syrup
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/2 tsp cloves

Beat the egg whites and cream of tartar in a mixing bowl. You'll need to use an electric mixer, and expect this to take 8-10 minutes. Once they are white and very fluffy, (see meringue recipe) you can finally rest.

In a separate bowl, combine the almond meal, tapioca, coconut shreds, baking soda, and baking powder. Mix well. Add this flour mixture into the egg whites, mixing as you go. Add all of the remaining ingredients and mix thoroughly.

Grease a mini muffin baking sheet with a bit of coconut oil. Add a dollop of the batter to each muffin, then bake at 350 degrees for 20 minutes, or until done. Larger muffins will require a longer baking time.

**Zone info:** Variable based on the size and number of muffins you make! The recipe totals as written are: 13.4 carb blocks, 2 protein blocks, 135.8 fat blocks. All of you OCD types can divide these totals by the number of muffins you make to get your info per muffin.



Carrot Cake Muffins

# Meringue

Time: 45 minutes

- 6 egg whites (save the yolks for another use)
- 1 Tbsp Turbinado sugar
- 1 Tbsp tapioca flour
- 1/8 tsp cream of tartar
- coconut oil

First things first: ALL of your bowls, mixers, etc for this recipe must be completely dry, or your meringue will fail. Also, if you choose to separate the egg whites from the yolks yourself, be very careful not to get any of the yolk into the mixture. If this happens, do 30 burpees and start over. It won't work. I do it the easy way, avoiding burpees and failure by buying the egg whites already separated.

Combine all of the ingredients in a mixing bowl. Beat continuously with an electric mixer until the meringue is light, fluffy, and white in color. This will take a while—around 8 minutes. Don't stop. Once it looks like shaving cream, you've done well.

Lightly grease a baking pan with coconut oil, then pour in the mixture and spread it into a round shape. Bake at 325 degrees for 20-30 minutes, until lightly browned. Allow to cool before serving.

**Zone info:** 4 servings at 1/2 carb block, 1/2 protein block.

# Pumpkin Meringue Pie

Time: 1 hour 15 minutes

- 6 egg yolks
- 1 15oz can pumpkin (unsweetened)
- 1 Tbsp real maple syrup
- 1 Tbsp real honey
- 1 tsp cinnamon
- 1 tsp ginger
- 1/2 tsp cloves
- 1/2 tsp sea salt
- coconut oil

Separate the yolks carefully from the whites (see meringue recipe). Reserve the whites for use in the meringue. Combine the pumpkin and yolks in a mixing bowl; beat well. Add all of the remaining ingredients, continue to beat until well mixed.

Lightly grease a pie pan with coconut oil. Pour in the pumpkin mixture, bake at 425 degrees for 15 minutes. Reduce heat to 350 and bake for 20 more minutes.



*Pumpkin Meringue Pie*

Meanwhile, make the meringue (see recipe above). Once the pumpkin has cooked, top with the meringue mixture. Return to the oven for 20 minutes. Cool and serve.

**Zone info:** (including meringue) 4 servings at 2 carb blocks, 1.5 protein blocks, 3 fat blocks.

## Sweet Potato Pudding

Here is a fairly simple post training meal. You may wish to eat some extra protein with this, or you can always try baking in some leftover meats to meet your protein needs.

*Time: 7 minutes prep, 1 hour 15 minutes cooking*

- 4 cups grated sweet potatoes or yams
- 1 cup grated onion
- 3 tsp xanthan gum or arrowroot powder
- 3/4 cup egg whites
- 1 tsp coconut oil
- 1/4 tsp mace

Grate the sweet potato and onion. In a bowl, mix the grated veggies, xanthan gum, eggs, and mace (you can use any seasonings you like here, mace is just one option).

Add the oil to an 8" baking dish, coat the bottom and sides. Preheat the oven to 350 degrees. Pour in the pudding mixture, and make a smooth layer in the dish. Bake for 1 1/4 hours. Cool, and then cut into squares.

**Zone info:** one serving at 8 carb blocks, 3 protein blocks, 3 fat blocks.

## Grilled Peaches with Vanilla Ice Cream

Here is a dessert to round out a barbecue. You'll want to start the ice cream 45 minutes to an hour before you will be ready to serve it.

*Time: 5 minutes prep, 45 minutes to one hour cooking*

- 1/2 cup coconut milk
- 1 tsp vanilla
- 1/2 tsp agave nectar
- 2 peaches

Mix the coconut milk, vanilla, and agave nectar in a small dish. Place into the freezer to chill. You'll want to mix it every ten minutes or so. If you skip this step, it will freeze hard on the edges and still be soft in the middle. Once the mixture begins to take on the consistency of ice cream, get the peaches on the grill.

To grill the peaches, cut them in half and remove the pits. Place cut side down. After around 5 minutes, remove to a serving plate. Spoon the ice cream into the hollows left by the pits, then serve warm. Enjoy!

**Zone info:** 2 servings at 1 carb block, 8 fat blocks.



*Grilled Peaches with Vanilla Ice Cream*



# Pumpkin Cookies

*Time: 1 hour*

Here is a tasty dessert. This recipe avoids dairy, gluten, refined sugars, and other problematic ingredients typically found in cookies. Now, even though these might technically be “Paleo”, consuming these regularly or in quantity will still derail any fat loss or performance goals you might have! Remember what dessert should be: a rare treat.

- 2 cups almond meal
- 1 tsp baking soda
- 2 tsp pumpkin pie spice
- 1/2 cup coconut oil
- 1/2 cup real maple syrup
- 1/2 buckwheat honey
- 1 can pumpkin
- 1 egg
- 1 1/2 tsp vanilla extract

Preheat the oven to 350 degrees.

In a large bowl, sift the almond meal, baking soda and pumpkin pie spice. If you have a sifter, use it. If not, shake the bowl side to side and front to back until the flour has become light and fluffy.

In a second bowl, combine the coconut oil, maple syrup, and honey. Beat with an electric mixer for 2 minutes. Add the pumpkin, egg, and vanilla, then mix thoroughly.

Add half of the almond meal mixture and mix for around 1 minute. Add the second half and mix one minute more.



*Pumpkin Cookies*

Scoop the dough in one-tablespoon mounds onto baking sheets. Bake for around 12 minutes, or until just browning at the edges. Halfway through the baking, rotate the baking sheets from the top shelf to the bottom shelf, and switch ends front to back.

Cool the cookies on the baking sheets, then remove them carefully to a wire rack.

These will be fairly soft cookies. They will be much firmer if you refrigerate them. You may also choose to add 1 tsp of baking powder, which will make them considerably firmer.

**Zone info:** ~ 24 servings (one cookie) at 1 carb block, 6.5 fat blocks.

# Mexican Mocha

I love espresso, and usually drink black Americanos. In years past, though, I used to enjoy a good mocha. Here is a way to make a Paleo-friendly version—not that caffeine is Paleo...

Adjust this recipe to your taste. We like a bold coffee and rich mocha. You may want to thin it a bit with more water. Experiment to get it tweaked to your tastes.

*Time: 10 minutes*



*Mexican Mocha*



- 1/2 cup coconut milk
- 1/2 cup water
- 1 Tbsp unsweetened cocoa powder
- 3/4 tsp stevia powder
- 1 1/4 tsp vanilla extract
- 1 1/4 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp cloves

Heat the coconut milk and water in a small pot over medium heat. Add the remaining ingredients except the espresso as the coconut milk warms. Stir well.

Meanwhile, brew the espresso or strong coffee. You can even run to your local barista to get a couple of shots if you prefer! Once the mocha mix has become hot, you have two choices: For a smoother blend, pour the mocha and espresso into a blender and mix well on low. Pour into cups and serve. The second is to skip the blender and pour straight into two cups, then add the coffee. Stir well, as some of the cocoa may clump.

Depending on how much espresso or coffee you mix into the mocha, you may need to add additional hot water to thin. Enjoy the treat!

**Zone info:** 2 servings at 0 carb blocks, 0 protein blocks, 8 fat blocks (~12.5 grams).

## Brownies

*Time: 15 minutes prep, 30 minutes cooking*

- 1.5 oz unsweetened baking chocolate
- 1/3 cup coconut oil
- 1 cup unsweetened applesauce
- 1 whole egg plus one egg white
- 1/4 cup ground almonds
- 1/4 cup unsweetened coconut shreds
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/4 cup walnuts

Over low heat, warm the coconut oil and chocolate in a small pan. Be careful to stir often, as the chocolate can easily burn. Stir in the applesauce, cinnamon, and vanilla extract. Mix well. Add the eggs, continue to mix. Then, add the ground almonds and coconut shreds. Once everything has mixed well, it is ready to bake.

You will need a baking dish around 8 inches square. Line the dish with aluminum foil, then grease the foil lightly with coconut oil. Dust it lightly with ground almonds. Pour in the brownie mix, and then place the dish in the oven at 350 degrees for 30 minutes. Be careful to not over bake, check it at around 20 minutes.

Let the brownies cool before serving. As this recipe avoids any of the typical binding agents, the brownies will be very soft unless they are chilled.

**Zone info:** 6 servings at 1 carb block, 16 fat blocks.



*Brownies*